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Battling PTSD as a police officer

Mental health.

Veteran says asking for help remains biggest barrier for service members suffering from stress disorder



**MORGAN
MODJESKI**
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Police shootings, like the one that killed a young man at a Calgary hotel on Monday afternoon, can put immense stress on officers — and for some, the hardest part of the job starts when they take off their uniforms.

A veteran Calgary Police Service (CPS) member said the force has several avenues to help officers dealing with post-traumatic stress disorder (PTSD) but noted the general culture of policing may be holding some back from getting the help they need. "I think, structurally, there are supports in place and accesses available," the officer said.

"Unfortunately, the environment of first responders and policing is one of 'pack it up and get on to the next

call.'"

The officer of 20 years, who spoke to Metro on condition of anonymity, developed PTSD after killing a violent suspect more than a decade ago, in addition to several other traumatic incidents over the officer's career.

Now, while applauding the services currently provided by the CPS, the officer hopes there will be more frank discussion about PTSD from the moment police recruits first put on a uniform as a way to help break any stigma that may still exist.

"While the formalized process and access to professionals ... is there, to a large degree, we as police officers haven't changed a lot," the officer said, adding that some within police ranks even question the legitimacy of people claiming to suffer from PTSD.

"Even though there is acceptance that it exists for the sake of discussion, I kind of call it the fibromyalgia of policing, because honestly, I'm not sure that people here really accept it," the officer said.

It's something the officer only talks about openly with the "closest colleagues."

Howard Burns, president



Kris Rose, a psychologist in private practice who specializes in PTSD, says the Calgary Police Service is "very generous" when it comes to getting treatment and supports for its officers, but often it's difficult for those suffering from post-traumatic stress to ask for help. MORGAN MODJESKI/METRO

of the Calgary Police Association, which represents roughly 2,100 front-line officers,

said PTSD remains a "serious situation."

In a separate interview,

Burns explained the officer involved in a recent shooting was "understandably shaken"

but is doing OK, overall.

"Nobody goes to work thinking they're going to be involved in a life-and-death situation and take someone else's life," Burns said.

"Most officers will go their entire career and that won't happen to them," he added. "So you can imagine what that takes to deal with."

Through the CPS Psychological Services Department, officers have access to a variety of supports. However, in many cases, getting help starts with the individual.

Kris Rose, a psychologist specializing in PTSD, said he has treated roughly 100 CPS members over four years and estimates that 15 to 20 per cent of them had suspected PTSD.

Rose added that, in his experience, the CPS is working hard to ensure its officers get the support they need, but often it's asking for help that can be a barrier.

"That's not just with the Calgary Police Service, that's policing overall," Rose said. "That's military and military veterans — even the general public.... Nobody wants to stand up and say, 'I'm suffering with psychological issues.'"



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Walking

Pedestrian strategy moving along despite opposition

Raising questions about cost and suggesting people walking in Calgary already have it pretty good compared to other parts of the world, Coun. Sean Chu was the lone member of the city's transportation committee to vote against a proposed pedestrian strategy Wednesday.

Citing his own experience as an immigrant, as well as the countless immigrants he spoke with in his former job as a police officer, Chu said the city already takes a relatively "people first" approach to pedestrian traffic.

"At every intersection, the curb is actually cut for handicapped persons," Chu said. "In a lot of places they came from — I came from — they don't really care about that. But here, we do." Chu also wondered how much the pedestrian strategy would cost.

Project manager Andrew King said it wasn't yet clear what the price tag would be or if additional staff would need to be hired, as the strategy is more about developing "a focused effort" across city departments on the pedestrian environment. King defined the strategy as "an action plan on how the city can make improvements to the pedestrian environment, to make walking better, and to encourage more people to walk."

Councillors voted Wednesday to have city staff continue work on the strategy and return to council in the fall with a final document.

ROBSON FLETCHER/METRO

City looking to expand utility-box art program

Design. With an artist roster, communities can be more involved in choosing someone to revamp a utility box

ANNA BROOKS
calgary@metronews.ca

With the success of Calgary's Utility Box Program, the city is looking to expand the initiative this year by developing an artist roster in communities across Calgary that it can draw from.

Dawn Ford, program coordinator for the City of Calgary, said she has received an increasing number of requests from communities around the city looking for an artist to colour up a box in their community.

By creating a roster, Ford added, communities can be more involved in picking an artist to revamp a utility box in their area.

"We've had an extensive amount of community requests each year to do more and more boxes in specific locations, so we've had to look at ways to build the program to support all of the different communities," Ford explained.

Artist Emma Bresola has been involved with the program since its inception in 2011, and is known for the elaborately-painted, dinosaur-themed utility boxes around southwest Calgary communities like Rosscarrock and Kildarney.

She said a recent change to the program she hopes to see continue is involving resi-



Local artist Emma Bresola's dinosaur-themed utility box brings some colour to the Rosscarrock community of Calgary. The city is looking to expand the program, which has been in high demand from different communities. CONTRIBUTED

dents in the design process.

Last year, Bresola engaged community members by hosting a workshop where people were encouraged to either draw themselves or give input on what they wanted to see on the utility boxes in their neighbourhood.

"Some of the designs people created during the workshop I ended up including in my final design," Bresola said.

"The response was positive from the community — they were very enthusiastic. I think this is a positive step for the

communities and for the artists."

Initiated in 2010, the Utility Box Program started as a way to support independent artists in Calgary by allowing them a public forum to showcase their work, and to reduce vandalism around the city.

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Ex-Wildrose staffer says Tory minister approached him about Lukaszuk's bill

Legislature. Liberals question whether probe will complete before expected spring election



JEREMY NOLAÏS

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As new questions were raised in the Alberta legislature about an Edmonton PC MLA's leaked cellphone bill, a former senior Wildrose staffer confirmed he was among those approached by a "Tory minister" and told to file a freedom of information request for the politically damaging document.

Vitor Marciano, who served as press secretary and senior adviser to the leader of the opposition up until December, said he told Calgary police during an in-person interview on Sept. 7 about the minister coming

to him with the suggestion that he seek out the cellphone bill.

The bill revealed that Lukaszuk, who was the deputy premier and was also seeking the PC party leadership at the time, had spent \$20,243 on phone calls and data usage in the fall of 2012 while on vacation overseas.

Lukaszuk later said the enormous bill was the result of several extended conversations with a panicked cabinet colleague who was going through a family crisis.

Police launched an investigation into how the bill was leaked after it was revealed a Calgary resident's name was fraudulently used to courier the documents to a reporter with the Edmonton Sun.

The Progressive Conservative party, meanwhile, then under the leadership of Premier Dave Hancock, ordered an internal probe to determine how the documents got out, especially given the

fact they contained personal information that would typically be withheld from a general freedom of information request.

On Wednesday, however, the party revealed for the first time it had halted that probe in December in response to a separate investigation launched by the provincial privacy commissioner.

Calgary police, meanwhile, have said the investigation remains open but is not being actively worked on, unless new information comes to light.

Marciano declined to identify the cabinet minister who approached him but said he was surprised the police investigation had been halted.

"You would start with who would have had the information to leak it, and that's a short list of who might have leaked it inappropriately," he said.

Marciano added there



Thomas Lukaszuk said Wednesday he wasn't aware a probe into a leak of his phone bill had been halted, pending the results of a separate investigation by the provincial privacy commissioner. METRO FILE

were two breaches of the law that he saw, with respect to the way the cellphone bill was leaked.

"There's the impersona-

tion — that's a big deal — but there's also the leaking of unredacted (personal) information," he said.

A source within the Alberta Liberal Party confirmed to Metro Wednesday that former party leader Raj Sherman was also interviewed by police in Edmonton over the leak and that Sherman also told investigators a "senior cabinet minister" approached him to suggest filing a freedom-of-information request for Lukaszuk's cellphone bills.

Current Liberal Leader David Swann peppered the Tory government with questions in the legislature Wednesday, asking Service Alberta Minister Stephen Khan if he would make results of the probe into the leak public and asking Infrastructure Minister Manmeet Bhullar if he'd spoken to Privacy Commissioner Jill Clayton about the cellphone bill.

Bhullar responded, "I

would suggest that members opposite and all members in this house respect the autonomy of institutions like independent officers of the legislative assembly, institutions like our police services. Respect their autonomy, allow them to do their job. That's what we believe in here, is the rule of law."

Lukaszuk, meanwhile, said Wednesday he had previously been assured by Hancock that the internal Tory investigation was "progressing well."

Lukaszuk has maintained the cellphone charges were necessary at the time as he was aiding a fellow Tory member in crisis.

"I certainly hope that what the Liberals are suggesting is just that, that those are just innuendoes, and they're trying to piece independent events into a cohesive story, but I can't speak to it one way or another," Lukaszuk said.



Investigates

Nahlah Ayed for CBC News

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Police 'hunting' for driver after hit-and-run fatality

Collision. Woman was left alone on the road and died as a result of 'massive traumatic injuries'



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Police pledged to "pull out all the stops" in their hunt for a driver who left a woman lying dead on a northeast Calgary street early Wednesday morning.

The woman, believed to be in her 30s, suffered "massive traumatic injuries" in the 3:30 a.m. collision near the intersection of 16th Avenue and 5th Street N.E., said EMS spokeswoman Naomi Nania.

"There were some bystanders on scene," Nania said. "When they approached the patient, unfortunately, she had succumbed to her

Quoted

"It's no different than a homicide in the sense that some innocent person had their life taken and, right now, we are hunting a suspect."

Staff Sgt. Paul Stacey



Staff Sgt. Paul Stacey of the Calgary Police Service says they will "pull out all the stops" to find the driver involved in a hit-and-run. METRO FILE

injuries."

Police Staff Sgt. Paul Stacey said officers are re-interviewing witnesses and working through CCTV footage from nearby cameras.

"We will pull out all the stops when there's a fatality or a serious injury involved as opposed to just a property damage hit-and-run," he said, adding that these types of incidents can take hundreds of man-hours to investigate.

"It's no different than a homicide in the sense that some innocent person had their life taken and, right

now, we are hunting a suspect."

Police were still working Wednesday to identify the victim.

"If we go through all of

our processes and we're still not able to identify her, then we may go the route of putting out descriptors to see if anybody knows her," Stacey said.

Politics. Tories turn to third-party investigator in alleged bribery case



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The Progressive Conservative party has called in a third-party investigator to probe allegations of bribery in an Edmonton nomination race and has been requiring supporters of a disqualified candidate to showcase their signatures, Metro has learned.

Two men have alleged in statutory declarations they were approached by a proxy operating on behalf of incumbent Edmonton-Ellerslie MLA Naresh Bhardwaj, who attempted to have them undermine the campaign of challenger of Balraj Manhas. In one instance, it's alleged the proxy offered a bribe of \$10,000.

Bhardwaj has denied the claims in a statement and filed a \$1-million defamation lawsuit against one accuser, Balbir Sidhu.

Metro has now learned the Progressive Conservative As-

sociation of Alberta has called in a third-party investigator, who formerly worked for the Calgary police, to investigate the allegations.

Party representatives wouldn't speak to the investigator's role Wednesday.

"The situation is still under investigation," said spokesperson Bryce Forbes.

But it's believed a portion of the probe centres on the 30 signatures on Manhas' nomination papers. The challenger has said he was told days before the Ellerslie nomination vote that there were irregularities with his papers and he needed to drop out or be publicly disqualified.

Jagtar Chahil, a supporter of Manhas whose name was on his nomination papers, said he was visited at home Saturday by the investigator and asked to sign his name 10 times on a piece of paper.

"He was asking if I did sign for Balraj," Chahil said. "He was saying to me, 'We want to check those signatures.'"

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Police warn of dangers of fentanyl after more than 100 deaths in 2014

Fentanyl, an imported drug known on the street as "greenies," killed more than 100 Albertans last year, compared to just six in 2011, and police and health authorities are raising the alarm.

"It's very hard for (users) to judge what a safe concentration of fentanyl is, be-

cause the tablets and powders are illicitly produced," said Dr. Graham Jones, chief toxicologist for the Alberta Medical Examiner's office. "There's no quality control."

Police said the drug is becoming more common: Last year, the Alberta Law Enforcement Response Team confiscated more than

14,000 fentanyl tablets, while last month, RCMP seized 3,927 pills in Sherwood Park.

Fentanyl is a synthetic opioid used as a prescribed painkiller and anaesthetic, but in its illicit pill form it is often sold as a fake OxyContin.

Jones said the danger

for fentanyl users believing they're taking OxyContin is in the dosage, as fentanyl is believed to be 20 times stronger than OxyContin and 100 times more potent than morphine.

"You have to be very aware of what you're going to use," he said.

LEAH HOLODAY/METRO IN EDMONTON



These students from three high schools gathered at Centennial Tuesday to discuss the harmful impacts of what's been described as inadequate education funding.

ANNA BROOKS/METRO

Students let out funding frustrations

Education. Campaigns launched to help raise awareness of issues facing schools and to show #studentsmatter

Quoted

"This is a positive conversation about helping students out."

Alisha Burney, Grade 11 student at Centennial, who says she hopes the #studentsmatter hashtag trends in Alberta



JEREMY NOLAÏS
jeremy.nolais@metronews.ca

When Thomas Shih couldn't get the help he needed in math class, he turned to videos on YouTube.

His junior high school had combined five classes into four at his grade level — the teacher, he said, couldn't keep up.

"The learning wasn't great at all," he said. "I had to self-teach most of the time. It was really, really frustrating."

Now in Grade 11 at Lord Beaverbrook, Shih said fears are mounting of cuts to provincial education funding as the Tory government works to close a \$7-billion budget hole.

He was among representatives from three schools that gathered at Centennial High School Tuesday for a student summit of sorts. The group has launched a hashtag on Twitter, #studentsmatter, and is raising awareness of the impacts of what the Calgary Board of Education has described as "inadequate funding" dating back four years.

"This is a positive conversation about helping students out," said Alisha Burney, a Grade 11 student at Centennial. "I really hope #studentsmatter starts trending in Alberta. As a high school student, I want to make a difference by working with other students and promoting our hashtag."

The students aren't alone, as a dedicated group of parents and community advocates from Banff Trail School have launched their own website — supportourstudents.ca. Supporters can enter their postal code online and the site will generate a letter to their respective area MLA as well as Premier Jim Prentice.

Natalie Odd, a mother with kids at Banff Trail, said her group is also pushing to remove barriers for city teachers willing to speak out about the struggles in their respective schools.

"We need to work together," she said. "Students shouldn't have to be advocating, they should be studying."

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FRIDAY

IVANKA CHEWS THE
FAT AT LUNCHBOX
THEATRE

Thunder Bay playwright and comedian Jo-Ann Waytowich returns to Calgary to reprise her role as wacky housewife Ivanka. This hilarious musical comedy sees Ivanka trying her hand at motivational speaking.

SATURDAY

QUEEN CLASSICS AT
THE JACK SINGER
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Jeans 'n' Classics has been combining classic rock with classical music for the past 20 years. The group joins the Calgary Philharmonic Orchestra to celebrate the sounds of rock royalty, Queen.

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This annual festival is presented by the U of C's School of Creative and Performing Arts and features students performing jazz, contemporary and dance theatre works created by professional choreographers.

SUNDAY

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Coming Out Monologues a 'rite of passage': Co-ordinator

LGBTQ. Festival explores stories in the hopes of enlightening those who have yet to go through it, want to be supportive



**BACKSTAGE
PASS**
Lisa Wilton
calgary@metronews.ca

Coming out to family, friends and co-workers can be one of the hardest things LGBTQ-identified people will do in their lives.

The Coming Out Monologues, a multi-disciplinary festival running until March 21, explores some of these stories in the hopes of enlightening those who have yet to go through it or who want to know how to be supportive.

"Coming-out stories are sometimes seen as a rite of passage," said Coming Out YYC co-ordinator Madeleine Hardy.

"It can be really emotional, and depending on the response, it can be negative emotional or

Challenges

- The Coming Out Monologues take place at the John Dutton Theatre in the Calgary Central Public Library.
- In addition to the evening performances, Coming Out YYC is holding a Coming Out at Work panel, which will discuss the various challenges facing LGBTQ people in more conservative corporate environments.

positive emotional. Taking performers through this process can be healing. It's a great educational event to start out with, especially for those who don't know where to start."

The Coming Out Monologues began six years ago in conjunction with the University of Calgary's student services department. In 2014, the festival struck out on its own and attracted near sold-out crowds.

"I think we've all had those

moments when you ask yourself, 'Who am I and where do I belong?'" said Hardy. "I always tell people that when you sit in the audience you're going to have those moments of going, 'Oh, I've felt that before. I've felt that exclusion before.'"

Each night features between seven and 10 performers sharing their coming-out memories using spoken word, movement and video pieces.

For many of the performers, the Coming Out Monologues is the first time they've been in front of an audience. To get them performance ready, Hardy and other organizers offered them writing, voice and movement workshops.

"We try to get them to a place where they can be really vulnerable on stage and very truthful," Hardy says.

This year's festival includes monologues about being transgender, coming out later in life after being married and the implications of being gay in different cultures. "There's no diversity checklist on our end," Hardy says. "We just get an enormous amount of, 'This my story and I need to share it.'"



Organizers Madeleine Hardy, left, and Pam Rocker shout about The Coming Out Monologues, which explores the stories of several members of Calgary's LGBTQ community. The festival runs this week at the John Dutton Theatre in the Calgary Central Public Library. COURTESY CALVIN SEAMAN

Urban Curvz encouraging female stories on stage



Michelle Brandenburg and Jacqueline Russell CONTRIBUTED

Women may make up 60 per cent of theatre audiences in Canada, but female playwrights create less than 30 per cent of the plays produced in the country each year.

It's a surprising statistic and one that Calgary's Urban Curvz Theatre Company is trying to change. "There's an assumption that male stories are universal and female stories are niche, which is ridiculous," says artistic director Jacqueline Russell.

"It comes from centuries

of us being trained to think of male characters as the hero and their journeys being something we can all relate to, while female stories are only relevant to women and not as interesting. Maybe for good reason sometimes. If you look back on the canon, there are a lot of women who are victims in more traditional theatre stories."

Urban Curvz is looking to add more engaging and relevant stories to that canon with its Girls Gone Wilde Festival,

which kicks off Wednesday night and runs through Saturday at the West Village Theatre (2007-10 Avenue SW).

The festival — which began four years ago as a way to promote women's voices in theatre and encourage female playwrights and performers to create strong female-driven narratives and characters — features improv comedy, staged readings, workshops and late-night cabarets.

"I've actually been floored

by the fact we've been sold out almost every year," Russell says.

"There seems to be a real audience for it. It surprises me and at the same time it doesn't There's a large theatre audience waiting to see themselves on stage." LISA WILTON/FOR METRO

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'Sorry' book. Calgary designer out to simplify awkward conversations

Breaking up: it's awkward, it's uncomfortable and chances are it's a conversation you dread. That's why a Calgary-based designer created the "Sorry" book, a tongue and cheek approach to any social situation causing discomfort.

The planned 30-odd page book will have detachable forms covering interactions in the workplace, in personal life, romantically and more. Got a problem confronting something? Fill out the form, detach it and hand it to the recipient — without making eye contact.

"I've been giving them out at Market Collective for a couple of years, and some people have been bugging me to compile them and put them together," said Michael Mateyko, who runs the Calgary design firm KOMBOH. He handed out the forms at an event for Valentine's Day, giving away hundreds, as a way for folks to introduce themselves to each other. Mateyko said the forms are more representative of everybody's social struggle



A page from the "Sorry" book about approaching a break-up, broken down into simple check boxes. CONTRIBUTED

than practical for everyday use. He struggles with mild anxiety, but added that he has family and friends who struggle with panic disorders.

"The joke is that these conversations are hard, but they're not that complicated," Mateyko said. "The helpful thing for them when it comes to this is maybe less so actually using it, and more reading it, and hopefully feeling like other people share those anxieties."

Students' art exhibition tackles mental health

Alberta College of Art & Design. Artist Ryan Owen who suffers from depression is now making people aware of these illnesses

Details

Organized through the school's student association and funded by the Alberta Campus Mental Health Innovation Fund, the "Take With Plenty of Water" exhibit will run until March 20 in ACAD's Main Mall.

After spending days making a cloud out of hand felt and batting, Ryan Owen pulled his creation over his head and walked through downtown. Most just stopped to take photos with him, but one person stopped to yell, "Is that a mask or a disease?"

"That was when I realized that I was doing the right thing," he said. Owen has been struggling with anxiety and depression since he was nine. It wasn't something his family ever talked about, and he said it took him a long time before he realized that there were ways to explore the issue.

This week, Owen is one of

12 Alberta College of Art and Design (ACAD) students putting out an art exhibition addressing mental illness. Called Take With Plenty of Water, the topics range from body image to addiction to anxiety and depression.

Owen built three cloud heads to represent the different head-spaces of someone suffering from anxiety and depression. Sarah Grodecki, president of the student association, said that given the stigmas about mental health, it's important to start talking



Ryan Owen is one of 12 artists displaying an art instalment for ACAD's latest exhibition. With felt, batting and acrylic airbrushing, he built three cloud heads to represent anxiety and depression, including this one entitled "It Just Hasn't Been Good for a While." JENNIFER FREISEN/METRO

about it at ACAD in a visual way that students can relate to.

"Right now, institutions are really strapped budget wise but as institutions are trying to grow, there's an expecta-

tion that there will be more support on your campus," she said. "Talking about mental health is important to do in every post-secondary institution, especially considering the stress they're under."



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Fees. How does car2go parking work in Calgary?

Who pays for car2go parking?

The company pays the Calgary Parking Authority (CPA) for parking in both ParkPlus zones downtown and in residential-parking-permit (RPP) zones elsewhere. These costs are passed along to customers through the fees car2go charges its members.

How much does car2go pay for parking?

The fees in ParkPlus zones are based on the GPS location recorded from each car2go's on-board telemetry. The CPA cross-references this info with observations from its own photo-enforcement vehicles and then invoices the company at the same rates as private vehicles. For RPP zones, the company pays annual fees of \$600 per vehicle in order for them park in all RPP zones across the city.

Does car2go get a parking discount?

Because of their size, car2go

vehicles are eligible for the CPA's 25-per-cent discount for small vehicles. This discount is available to anyone with a vehicle less than 3.8 metres in length who has a ParkPlus account.

Who pays the fine if a car2go gets a parking ticket?

Just like private vehicles, car2go vehicles can be ticketed and towed for the same parking violations. The CPA issues tickets for violations to the company, which passes on the price of the fine to the customer it deems responsible, plus a \$25 "processing fee" – with one notable exception. If a car2go is ticketed for exceeding its stay in a two-hour parking zone, the company eats the cost of the fine.

ROBSON FLETCHER/
METRO

On the web

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City to limit car2go vehicles from parking in 'clusters'

Policy. Councillor notes parking tiny cars in groups may actually be more efficient



ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary pressed ahead Wednesday with a plan to limit "clustering" of car2go vehicles despite councillors being unclear whether the phenomenon makes downtown parking more or less efficient.

The city's transportation committee endorsed a proposed new policy that would limit car2go vehicles to a maximum of 25 per cent of the parking space in a given downtown block, averaged over a month.

It would be up to car2go employees — not customers — to "decluster" the cars and violations would see the company face increased parking rates in

a zone where they failed to do so.

Coun. Brian Pincott described the clustering of car2gos as more of a perception issue than a genuine problem, and said the city wouldn't even be having this discussion if the company's cars weren't so easily identifiable to irritated motorists searching for a downtown parking space.

Pincott also said clustering is actually "the absolute most efficient use of space," as the tiny vehicles can be parked bumper-to-bumper in a line, closer than private cars could ever park, with customers only needing to then remove the first or last car from the stack, never one in the middle.

Eric MacNaughton, a city parking strategist, said that makes sense in theory but it "isn't what's always been happening in the field."

"We don't always have someone taking the first vehicle or the last vehicle," MacNaughton said, noting car2go customers

often reserve a vehicle remotely via smartphone, then when they arrive it's not always the first or last in a stack.

Coun. Evan Woolley said clustering is a real phenomenon but "we don't know yet just what it means."

"The question remains: Is clustering a bad thing or a good thing?" he said.

Managers with car2go said they welcome the car-sharing parking policy, as a whole, except for the anti-clustering rule.

"We're very happy with almost every aspect of it, except the 25-per-cent restriction," said regional manager David Holzer.

While car2go Calgary location manager Jon Wycoco acknowledged it would be up to company employees to disperse clustered vehicles, he said it could still have an impact on customers.

"What it does limit is our ability to grow," he said, adding that the increased cost for staff to disperse the vehicles

Amendment

Coun. Brian Pincott wanted to strip the 25-per-cent "anti-clustering" rule from the broader car-share policy, at least temporarily, but was voted down by fellow committee members.

- His amendment will come back, however, along with the rest of the policy for a full vote at the next meeting of city council, as a whole.

plus any parking-rate penalties could also lead to higher membership fees.

If anything, car2go users would actually have more parking spaces in the near future, MacNaughton added, referring to a separate proposal to allow "microcars" to make use of "buffer space" near downtown intersections where parking is currently prohibited.

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Why do you love working in the industry?

I've discovered that I really like the hospitality and service industry. One thing I like about St. James is that I can be myself with tables. I've met so many people through serving including my five best friends in Calgary. You meet a lot of great people in the industry, and the industry has a lot to offer.

What impact do safety initiatives like Best Bar None have on the nightlife experience?

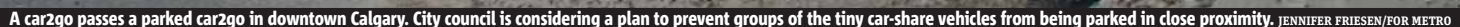
I think customers understand. They're coming out to have a good time, but at the same time, they're paying to be in someone else's establishment. For the most part I think that people appreciate everything we're doing and they understand that it's for their best interest.

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Potential expansion welcomed for youth mental health support

Response. Health minister is considering school-based programs across the province

ANNA BROOKS
calgary@metronews.ca

Health Minister Stephen Mandel's recent comments regarding the Alberta government's concerns over youth mental health come at an important time, health advocates say.

Kate Hawksworth, program manager at the Alex Youth Health Centre, said at one point in the past almost every high school in Calgary had an educational psychologist, but with funding cuts over the years, schools no longer have the ability to provide students with the one-on-one services they might need.

Mandel commented that one of his recommendations to address such problems is the implementation of school-based mental health programs across the province.

With 70 per cent of mental health issues presenting in childhood or adolescence, Hawksworth said this would be an important step forward in supporting youth in Alberta.

"I think this is absolutely



Health Minister Stephen Mandel, seen here with Premier Jim Prentice during his swearing-in ceremony, recently released a report about the need for school-based mental health programs across the province. Youth health advocates said this would be an important step forward for Alberta as more mental health services are needed. JASON FRANSON/THE CANADIAN PRESS FILE

critical," she said. "If you put mental health supports right in an education system, then you normalize it. Bullying, kids questioning their gender identity ... all of those things would be better supported."

Hawksworth added that, aside from counselling and

crisis prevention services, another successful strategy in providing students with tools to manage emotional stress is the implementation of yoga and meditative classes into curriculums.

"It's actually teaching students tools to deal with emotion regulation," she said. "I

know there are schools actively pursuing it, and I think it's definitely something to explore."

Deneen Nolan, supervisor of diverse learning with the Calgary Catholic School District, said the district does have mental health programs in place, but it would

support a government initiative to expand programming.

"Our programs work very well and are extremely important," Nolan said. "We would be very open to working with the government to bring programs like what we have in our district to support our students."

Announcement

Alberta returns to decentralized health care

Seven years after Alberta collapsed its health regions and centralized care in an attempt to save money and improve outcomes, it is moving back in the other direction.

Premier Jim Prentice said Wednesday that decentralization of health care is the way to go, despite earlier decisions by previous Progressive Conservative governments.

"I'm not going to defend what happened in the past. I wasn't the premier at the time," Prentice told reporters. "The pendulum is coming back in terms of local input into decision-making to protect the interests of people who live across the province."

The announcement followed the release of a government report into reforming rural care. Prentice said the government heard a lot from residents "who have felt disenfranchised by the way the system has been operating."

Health Minister Stephen Mandel said the province will set up eight to 10 new health districts by July 1. Each will be responsible for meeting performance targets and delivering health services.

Each district will receive advice from a local advisory council.

THE CANADIAN PRESS

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Feds assess protests with national 'risk forecast'



A woman protests against Bill C-51 in Montreal on Saturday.
GRAHAM HUGHES/THE CANADIAN PRESS

Security. Meetings driven by 'desire to plan for protests over environmental development projects

Use of social media, the spread of "citizen journalism" and the involvement of young people

are among the key trends highlighted by a federal analysis of protest activity in Canada over the last half-decade.

A growing geographic reach and an apparent increase in protests that target infrastructure such as rail lines are also boosting the impact of demonstrations, says the Government Operations Centre analysis, obtained under the Access to Information Act.

The Canadian Security Intelligence Service included the spring 2014 risk forecast in materials prepared for two meetings of the deputy ministers' committee on resources and energy last April.

The meetings were driven by the federal government's desire to plan for protests that might happen in response to resource-development decisions on projects such as the

Northern Gateway pipeline.

The newly released documents heighten fears about government anti-terrorism legislation that would allow much easier sharing of federally held information about people, said Josh Paterson, executive director of the British Columbia Civil Liberties Association.

"To us, this just looks like the example of exactly why we

ought to be concerned about these provisions."

The "notoriety and success" of civil-society efforts such as the Arab Spring, the aboriginal Idle No More movement, the Occupy protests and anti-pipeline demonstrations have inspired Canadian citizens to start grassroots initiatives and make their voices heard, the study notes.

THE CANADIAN PRESS

Mexico

Canadian tourist slain on beach

A Canadian man has been found beaten to death on a beach at the Mexican resort of Los Cabos.

Prosecutors in the state of Baja California Sur say the 50-year-old man appears to have been beaten with a blunt object. The state prosecutors' office said Wednesday that the cause of death was severe head trauma and a skull fracture.

Canada's Department of Foreign Affairs, Trade and Development declined to confirm the man's identity or hometown, or confirm the circumstances of the death.

His body was found early Wednesday on the El Tule beach, midway between the twin resorts of Cabo San Lucas and San Jose del Cabo.

THE ASSOCIATED PRESS

Winnipeg

Man shows date his heroic side

A 21-year-old passing motorist pulled an unconscious driver from his burning vehicle after it crashed into a first-floor condo in Winnipeg.

Tristan Gareau was driving his date home around 11:45 p.m. when they saw the car's smoke and flames.

"By the time I could tell there was a gentleman in there, the tires had blown up, and that's when the car actually started to go up in flames," said Gareau, who works as a part-time DJ and youth soccer referee. "I couldn't let him stay in there."

With smoke in his face Gareau reached into the car, unbuckled the unconscious man's seatbelt and pulled him to safety.

Police have said Gareau helped save the 65-year-old man's life.

METRO IN WINNIPEG

Education. Family of cuffed autistic boy wants answers

The family of a nine-year-old boy with autism who was handcuffed at school wants "full disclosure" of the records of their son's care.

Stephanie Huck and her husband have kept their son Daniel Ten Oever home since police handcuffed him last month to restrain him for acting out in the principal's office.

The family says it will not send the boy back to class until it sees all the facts — including the plans for his future care and staff training.

"He is autistic, so being out of his routine has caused great stress for him," Stephanie Huck told reporters on Parliament Hill on Wednesday.

day. "The traumatic event of being handcuffed has also had a lasting impact on him and on his family as well."

Roch Longue  p  e, CEO of Restoring Dignity, the organization representing the family, said they have not ruled out a lawsuit against the Ottawa Catholic School Board. But that will depend on what's revealed in the records. They are starting a fund to raise money for the family's legal fees.

Restoring Dignity is also calling on families of special-needs children who have had similar experiences with school boards in Ontario to come forward.

LUCY SCHOLEY/METRO IN OTTAWA

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Friday— You can make friends with #droneselfies

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A police officer flies the Aeryon Scout in Halton, Ont. Halton police bought a drone in 2009, and since then, it has been used in about 50 missions. Inset: A drone's-eye view of the scene of an accident reconstruction. COURTESY AERYON LABS

'We don't just fly over homes at random'

Law enforcement.

Worried about police using drones in Canada? Departments that use them say it's nothing to fret about



IRA LAMCJA
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Halton Regional Police in Ontario have used their drone to search for missing persons, probe collisions and investigate an armed robbery and homicide. In 2012, the Aeryon Scout, as their drone is named, helped officers find about \$744,000 worth of marijuana that was growing on a farm.

Halton police first purchased a drone (or Unmanned Aerial Vehicle, as they are known in the industry) to use in their investigations in 2009, when it was still a relatively new technology in law enforcement. Since then, it has been used in 50 police missions, according to now-retired operation manager Det. Dave Banks.

"We don't just fly over homes at random," says Const. Andy Olesen. "Well, we can, and we don't."

Today, with many police forces in major cities in Canada using drones and the RCMP adding them to their arsenal of search-and-rescue tools, concerns have been growing over privacy and surveillance. Police

Coast-to-coast roundup:

A look at some of the police departments using drones or considering them:

- **Toronto.** The Toronto Police Service does not deploy drones but has had demonstrations from a manufacturer.
- **Ottawa.** Although Ottawa police are not deploying drones right now, their Collisions Section is interested in their use for aerial surveys of large collisions or investigative scenes as well as for use in missing-

persons searches.

- **Edmonton.** The Edmonton Police Service deploys a drone to take aerial photographs of accident scenes.
- **Vancouver.** The Vancouver Police Department does not use drones but is considering it for the future.
- **RCMP.** Various detachments nationwide have deployed drones for search-and-rescue missions as well as aerial photography of crash scenes.

are trying to calm the public's nerves.

Olesen says Halton police are very cautious about the use of its drone, given those concerns.

"We're very conscious of ... what people's perception of it is, that it's a surveillance tool," he explains. "We don't want to make that any worse than it is."

Halton's Aeryon Scout is a black and white quadcopter remotely controlled with a tablet laptop using Google maps. It is relatively small and comes equipped with video and photo capabilities.

Olesen says Transport Canada regulations constrain where and how they can fly their UAV, and the drone itself offers physical limitations.

It can be flown only in good weather, and its battery life leaves much to be desired, averaging about 15 to 20 minutes per charge.

"On the list of things we use it for, surveillance isn't even on our list, just because it's not practical," Olesen says.

"Down the road, (surveillance) might be possible," he says. "I think that'll happen."

Who patrols the patrollers?

The Office of the Privacy Commissioner of Canada (OPC) has raised various concerns regarding drone use in law enforcement. Highlighted in a March 2013 report, the privacy watchdog has noted that "certain attributes can make (drones) a relatively covert form

of surveillance."

Tobi Cohen, spokeswoman for the agency, tells Metro that current regulations do not address the sometimes wide gap that results from "issues related to purpose and the privacy implications of (drone) use."

"Current regulations governing drone operations have more to do with ensuring their safe flight and do little to address the privacy implications of having Canadian skies filled with hovering data-collecting robots," Cohen says.

When it comes to drones, people don't always know who is watching or what data they're collecting. This "can contribute to a lack of awareness and effective complaint mechanisms," Cohen says.

To that end, Cohen says, the OPC advises law enforcement to comply with their video-surveillance guidelines.

Among their recommendations, the OPC says law enforcement should use video surveillance in a way that minimizes invasion of privacy, hold public consultations and assess privacy impacts beforehand.

Drones beyond the law:

Halifax lawyer David Fraser says the public shouldn't be worried as long as the proper regulatory framework is put in place.

It's a historical fact, Fraser says, that new technology will expand the collection of personal information, which can sometimes lead to what he calls a "techno-panic." He says

Canadian Armed Forces

Canada has yet to use killer drones

While the United States continues to make headlines for their use of armed drones, Canada currently neither has nor uses them, according to a Department of National Defence spokesman. But that might change.

"We neither operate nor lease armed UAVs," says Daniel Blouin, but he adds armed drones "are being examined for future international operations."

"UAVs have unparalleled operating range and endurance," Blouin says. "If the pilot gets tired, you don't have to return to base and

land; you can just swap a new one into the seat."

Blouin says the Canadian Armed Forces (CAF) have used unarmed drones in overseas operations since 2003, stressing that the CAF only uses drones in what is called an intelligence, surveillance and reconnaissance (ISR) capacity.

He adds the current model is limited in that it can't carry heavy loads, transport personnel or conduct air-to-air combat. Only one model is in active use by the CAF: the Scan Eagle.

Blouin says it is used by the Canadian Army and the Royal Canadian Navy frigates on international operations, most recently by HMCS Regina in an ISR capacity.

privacy laws should be updated to reflect new behaviours that society finds unacceptable.

"You criminalize the behaviour and not the technology. Because it's really about the behaviour."

Fraser adds that drones do create a change in what's possible in terms of encroachment on privacy. For example, when living in a tall building, there is a higher expectation of privacy on higher floors. With drones, those heights will now be accessible to view.

"The question then becomes: does the introduction of drones change our expectations of privacy? Or should it?"

When drones are more intrusive on individual privacy, such as collecting information about individuals, "that's when it's worth having a good discussion about what our reasonable expectations are," Fraser says.

"That discussion should always be much more than, 'Oh, well, that's creepy,' because a discussion about what's creepy doesn't help."

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Gunmen kill 20, injure 50

Tunisia. Museum shooting the worst act of violence on a tourist site since 2002

Gunmen opened fire Wednesday at a major museum in Tunisia's capital, killing at least 20 people in one of the worst attacks in this struggling North

African democracy that depends heavily on tourism.

Men with assault rifles fired at tourists climbing from buses in front of the National Bardo Museum in Tunis near parliament, sending dozens sprinting for safety. Two gunmen were killed, but Prime Minister Habib Essid said a manhunt was on for two or three others.

The identity of the attackers wasn't clear. Twitter accounts

associated with the Islamic State of Iraq and the Levant (ISIL) were described as overjoyed at the attack, urging Tunisians to "follow their brothers," according to Rita Katz of SITE, a U.S.-based organization that monitors militant groups.

About 50 people were wounded in the attack, which began after noon local time, Tunisian state television said.

According to Essid, the dead

include two gunmen, a Tunisian security officer and a Tunisian cleaning woman, while the rest were tourists from Europe.

The attack was the worst on a Tunisian tourist site since an al-Qaida car bomb killed 21 people in 2002.

"We will be merciless in the defence of our country," he said, describing the attack as an assault on Tunisia's economy.

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First responders rescue a victim after gunmen opened fire at the Bardo museum in Tunisia's capital Wednesday. Authorities say scores of people are dead after the attack on one of the country's major museums, while some of the gunmen may have escaped. ALI BEN SALAH/THE ASSOCIATED PRESS

Israel. Netanyahu win leaves allies, foes on edge

Israeli Prime Minister Benjamin Netanyahu's strong showing in national elections this week has come with a price: He has managed to antagonize friends and foes alike with hard-line rhetoric on the campaign trail.

While the tough talk gave Netanyahu a last-minute boost in the polls, the Israeli leader could now face a difficult task convincing an already skeptical world that he is serious about reaching peace with his Arab neighbours — particularly if, as expected, he forms a new government comprised of religious and nationalistic parties.

Trailing in opinion polls, Netanyahu took a sharp turn to the right in the final days of the campaign to shore up support among his core constituency.

He vowed to increase settlement construction in east Jerusalem, the Palestinians' would-be capital, and rejected the idea

of a Palestinian state in current conditions — putting him at odds with U.S. and European positions.

In a last-ditch attempt to spur his supporters to the polls Tuesday, he warned that Arab citizens were voting "in droves" and endangering years of rule by his Likud Party. In Washington, the Obama administration said Wednesday it was "deeply concerned" by the divisive language used by the Likud.

Netanyahu's controversial stance appears to have paid off at home. Thought to be in danger of being voted out of office just a few days ago, the Likud emerged as the largest party in parliament.

The Likud led the election by capturing 30 seats in the 120-member parliament, according to near-final results released Wednesday.

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Serbia

Police arrest eight over alleged role in 1995 massacre

Serbian police arrested eight men for alleged roles in killing more than 1,000 Bosnian Muslims in the 1995 Srebrenica Massacre. Chief Serbian war crimes prosecutor Vladimir Vukcevic said the accused "are former members of a special brigade of the Bosnian Serb police." THE ASSOCIATED PRESS

Sweden

Several wounded, two dead after shooting at eatery

Several people were shot inside a restaurant in the city of Goteborg late Wednesday. At least two have died, Swedish police said.

Police said an automatic weapon is believed to have been used. They had no details on any suspects. An investigation is underway.

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Ex-astronaut thinks Mars plan won't fly

Space. Canadian says the technology simply isn't available

Former Canadian astronaut Julie Payette doesn't have very high hopes for the controversial one-way mission to send people to live on Mars.

Dutch-based Mars One wants to establish a colony on

the red planet by 2025, and six Canadians are among the 100 finalists still in the running. The \$6-billion project calls for the use of existing technology and would be funded through sponsors, private investors and a reality TV show.

But Payette said Wednesday that "nobody is going anywhere in 10 years."

"We don't have the technology to go to Mars, with

everything we know today, so I don't think that a marketing company and a TV type of selection is sending anybody anywhere," she said. "So, if you meet any of those people, don't tell them they're courageous because the only courage they had was to sign up on a website."

Engineers at Boston-based MIT, who analyzed the feasibility of the mission, have also

suggested new technology will be needed to keep humans alive once they get there.

Payette made her comments during a speech that opened a three-day aerospace symposium at the Montreal headquarters of the International Civil Aviation Organization (ICAO). ICAO has teamed up with the United Nations Office for Outer Space Affairs to discuss emerging space

activities and civil aviation.

"We are going to go to space on a commercial basis, and it's at our doors," Payette said. "It's a reality that will become the norm in the next decades."

The 51-year-old urged those attending the symposium to work together "to make it happen in a safe, careful, efficient and intelligent manner."

THE CANADIAN PRESS



Ex-astronaut Julie Payette thinks people hoping for an out-of-this-world experience to Mars are out of their minds. THE CANADIAN PRESS



Boatloads of catfish litter Chinese roadway

A soldier uses a bucket to gather catfish spilled on a road in the city of Kaili, in southwest China's Guizhou province, earlier this week. About 6,800 kilograms of catfish were dumped onto the roadway when the door of a cargo truck accidentally opened Tuesday afternoon. Chinese media said firefighters and local residents were able to collect most of the fish in about two hours. THE ASSOCIATED PRESS



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Racism. Fraternity tells members to go through diversity training

A fraternity that disbanded its University of Oklahoma chapter after members were caught on video engaging in a racist chant is taking steps to become more inclusive, including requiring all of its members, nationwide, to go through diversity training, a fraternity executive said Wednesday.

Blaine Ayers, the executive director of Sigma Alpha Epsilon, said at a news conference in Chicago that he was personally disgusted and embarrassed by the video that surfaced last week. He apologized for the pain it caused and outlined steps the fraternity's administration was taking to "ensure that this never happens again."

Fraternities are social organizations of male students common on U.S. college campuses, while sororities are group of female students. Their role in campus life has come under scrutiny after several scandals involving the treatment of female students.

The video showed Okla-

Statistics

- SAE began collecting racial and ethnic data in 2013.
- About 3 per cent of SAE's reporting members identified themselves as African-Americans and 20 per cent identified themselves as non-white.

homa members engaging in a racist chant that referenced lynching and indicated that the chapter would never admit black students. The fraternity disbanded the chapter and the university expelled two who had taken part.

The fraternity has set up a confidential hotline for people to report inappropriate behaviour. They will also appoint a national advisory committee on diversity and inclusion, and will hire a director to oversee those efforts, Ayers said.

THE ASSOCIATED PRESS



That's no laughing matter

Two demonstrators dressed as clowns walk past a burning car as activists try to blockade the new headquarters of the European Central Bank, Wednesday morning, in Frankfurt, Germany. The pair were part of a large protest against government austerity and capitalism.

MICHAEL PROBST/THE ASSOCIATED PRESS

Genetics. DNA samples shedding some light on Britain's Viking past

Genetic samples collected from across the United Kingdom are helping uncover the ancient past, including Viking invasions and a mystery about the arrival of the Anglo-Saxons, researchers report.

The DNA also suggests that, genetically speaking, people in Wales are the closest matches to early settlers of Britain after the last ice age, people who began showing up some 10,000 to 11,000 years ago.

That's because the Welsh genetic material has been the least affected by later migrations, said Peter Donnelly of Oxford University, a key author of the research.

The work is presented in a paper released Wednesday by the journal Nature.

The researchers studied DNA samples from 2,039 white residents of Britain and Northern Ireland, chosen for their family roots in rural areas. The DNA they inherited from their grandparents reflects the genetic landscape of

those areas in the late 1880s, researchers said.

To identify signs of ancient immigrations, the researchers consulted DNA samples taken from continental Europeans.

Analysis showed that Danish Vikings, who occupied and controlled a large part of England after invading in the year 865, have left no clear genetic heritage today. That suggests they didn't settle in large numbers, Donnelly said in an email.

The study also weighed in on the question of what happened after Anglo-Saxons migrated into Britain from Europe, which began in the fifth century. After they showed up, their language, cereal crops and pottery styles replaced those of the existing British population.

The new study argues instead that a substantial number of Anglo-Saxons showed up and intermingled with the locals, said study co-author Mark Robinson of Oxford.

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Low-carbon economy in sight: Report

Climate change. Experts from all 10 provinces say weaning Canada off fossil fuels is within reach

Dozens of Canada's top scholars are urging a sweeping remake of how the country produces and uses its energy in a necessary effort to wean itself off fossil fuels.

A report by 59 scientists, economists, engineers, sociologists, architects and philosophers from all 10 provinces was released Wednesday ahead of December's climate meeting in Paris.

The report suggests emissions should be cut by up to 28 per cent over 2005 levels by 2025 and by 80 per cent by 2050. By 2035, Canada's entire electricity grid should

be completely low-carbon. The good news, the scholars write, is that we're most of the way there.

James Byrne, a University of Lethbridge climatologist, said more than 75 per cent of Canada's electricity grid is already low-carbon. All that it would take to go the rest of the way is better transmission capacity between adjoining provinces and some backstopping by renewable sources such as wind or solar.

The report brims with other proposals. Minimize energy use in building designs. Electrify public vehicles such as transit buses. Link major cities with high-speed rail. Upgrade fuel standards.

"It's going to cost us about one per cent of GDP," said Byrne. "But it's going to save us four or five times that in health and environmental costs." **THE CANADIAN PRESS**



Starbucks offers delivery

Starbucks says it will start a 30-minute delivery service to customers in select parts of Seattle and New York City later this year. In New York City, people will be able to use a website to place orders. In Seattle, people would place orders via the company's mobile app. There will be no minimum purchase required, but deliveries will require "a small flat fee" and delivery workers will accept tips, too. Starbucks also says it's on track for a rollout of mobile order-and-pay across the U.S. The program, which lets customers place orders through its apps ahead of time so that drinks and food are ready when they arrive at the store, will launch in Canada this year. **THE ASSOCIATED PRESS FILE**

Ride-sharing. Frankfurt court bans Uber service

A German court banned Uber from offering its ride-sharing service nationwide on Wednesday, adding to the company's troubles in Europe.

Frankfurt state court spokesman Arne Hasse said the ruling was issued Wednesday, banning the UberPop service from offering rides with drivers who don't have taxi permits. The ruling can be appealed.

The ruling stems from a

suit brought against Uber by a German taxi association, which was heard in Frankfurt because it is one of several German cities where Uber launched operations.

The court issued an injunction banning Uber from operating last summer but lifted it a few weeks later, saying that while it considered Uber's practices illegal an emergency injunction wasn't justified.

THE ASSOCIATED PRESS

Big Tobacco. Bloomberg, Bill Gates join the fight

Former New York Mayor Michael Bloomberg and Microsoft Corp. co-founder Bill Gates are launching a fund to help low- and middle-income countries fight often long and expensive legal battles with the tobacco industry.

The newly created Anti-Tobacco Trade Litigation Fund backed by \$4 million US from Bloomberg Philanthropies and the Bill & Melinda Gates Foundation was announced

Wednesday at the 16th World Conference on Tobacco or Health in Abu Dhabi, United Arab Emirates.

Countries have been engaged in legal battles with tobacco companies over laws requiring graphic health-warning labels or standard packaging for cigarettes without logos. Bloomberg said the fund will assist smaller, developing countries.

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Airlines

Pilots' strike grounds flights

About 750 short- and medium-haul flights were cancelled Wednesday after Lufthansa pilots went on strike — the latest in a string of walkouts. Around 80,000 passengers were affected. The Vereinigung Cockpit union said it would extend its strikes to long-distance flights on Thursday. The dispute centres on the airline's plans to cut transition payments for pilots wanting to retire early.

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Market Minute

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T-Mobile shakes up wireless services

American wireless service company T-Mobile wants to change how businesses in the U.S. buy phones and wireless services — two years after it changed how consumers do so.

T-Mobile says its new business plans are about simplicity, with rates based solely on how many lines and how much data the company needs. The company believes its new plans will be particularly attractive to smaller businesses without staff trained to negotiate rates

with larger carriers.

"Anybody can figure out the cost," John Legere, T-Mobile's CEO, said. "At the counter, on the phone, in two minutes, we can tell you exactly how much."

T-Mobile is also offering new deals for the families of those who use its business plans, along with a pledge to pay the balance of phone-installment plans for those switching from other rivals.

Two years ago this month, the Bellevue, Wash., company shattered a long-stand-

ing industry practice of tying consumers to two-year service contracts in exchange for phone discounts. Customers now pay full price for phones in instalments, and the company no longer inflates rates for voice, text and data services to make up for those phone discounts. Verizon, AT&T and Sprint now have no-contract plans, too.

Since then, T-Mobile also has introduced free data roaming abroad and programs for upgrading phones

more frequently.

The programs have helped T-Mobile US Inc., America's No. 4 wireless carrier, gain more than four million phone customers in the lucrative "postpaid" plans last year. Postpaid customers tend to have better credit and pay for service at the end of the billing cycle rather than in advance.

Although Wednesday's announcements were aimed at businesses, many provisions will affect consumers.

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VOICES

THE GREATEST TEACHER

Ahead of World Down Syndrome Day on Sunday, CTV News anchor Tamara Taggart tells Metro how her son has taught her more about the syndrome than the experts



**TAMARA
TAGGART**

readers@metronews.ca

We found out that our son Beckett has Down syndrome when he was five days old — and I'm not going to lie, it was devastating.

We were scared because we didn't know anything about Down syndrome. After seven years, it turns out Beckett has taught us much more about Down syndrome than any "expert." It's been a long journey for all of us.

When we were in the hospital and it was mentioned that Beckett should be tested for Trisomy 21, we started Googling "Down syndrome." I don't recommend this. Dr. Google is a jerk, and when you're scared in a hospital bed with hormones raging, you are incapable of filtering all the garbage out there. The outdated pictures and physical descriptions of people with Down syndrome are too much for a new mother holding her perfect baby.

Perfect? Yes. That's what I said. Beckett is perfect. He was the day he was born and he still is. But it's hard for some people outside of our family to understand this reality.

Others may look at us and feel sorry because our son has special needs, but we're not sorry at all. He's non-verbal, but he's making huge improvements. Toilet training is slow, he doesn't understand fear and he has a few health challenges — but it's



Left: Tamara Taggart says her son Beckett is perfect. Middle: Beckett celebrates his sixth birthday with dad Dave Genn, Taggart and sisters Poppy and Zoë. Right: Taggart and Beckett at Jericho Beach in Vancouver. ALL PHOTOS COURTESY TAMARA TAGGART

nothing we can't handle.

From those frightening early days on Google, we've come so far and we've done it together.

We rarely think about Down syndrome now. Beckett is a typical boy and he is not defined by his challenges. He's funny, bright and loving.

Perhaps the biggest challenge of all is the public perception of this syndrome. There were many times that I felt rage over ignorant words or careless stereotypes some people would use to describe my son.

As a new parent, I was asked num-



erous times if I had "testing" when pregnant, as if people couldn't imagine I actually made the choice to keep a baby with Down syndrome.

Telling me that people with Down syndrome are always such happy people is ridiculous to me.

My son is happy because he is loved, not because he has an extra chromosome. It's another stereotype that's still out there.

And don't get me started on the R-word. You know the word I'm talking about because I'm sure you still hear it from time to time.

I hope you can understand that people who use this word are thoughtless and unimaginative.

Even describing my child as a "Down's kid" is insulting because he's so much more than that. Beckett is my son who happens to have Down syndrome; he is not defined by his extra chromosome any more than you are defined by the colour of your hair.

The beautiful gift of time is that all these things don't bother me so much anymore, although I'd love to see some of these perceptions change. But I'm solid. I know who Beckett is and

what he has to offer the world.

When speaking with new parents, I always tell them the same thing: "Everything is going to be great, I promise." It's a promise they can count on.

If there's one thing I've learned, it's that I know it will all be OK.

Tamara Taggart is an award-winning news anchor on CTV News at 6 in Vancouver. She is married to music producer/guitarist Dave Genn of 54-40 and they have three children: Beckett, Zoë and Poppy

Men and women need to stop with breastfeeding shaming



**KRISTEN
THOMPSON**

readers@metronews.ca

I can't believe I'm actually writing this column because this has been said so many times. But, given the recent breastfeeding-shaming incidents at a Winnipeg mall and on a United Airlines flight, I guess it needs to be said again:

Breastfeeding is not gross. It's natural, it's important and it's really difficult. So it's shocking to me that mothers are being shamed for doing it in public — and by other women.

I nursed my daughter for 12 months. Sometimes I covered up, sometimes I didn't, but I was always modest. It was painful and difficult, and I would have quit without the support of my husband. In that year, the

only people who ever gave me a disgusted sideways look, or admitted openly to being offended or disgusted by public nursing, were women.

Somehow their judgment stung worse than it would have had it come from a man. I look to other women — and mothers — for support and understanding. Women seem to be perpetually apologizing for their bodies, and the fact that shame and judgment often comes from other women seems completely illogical.

Penny Van Esterik, an anthropologist at Toronto's York University and a breastfeeding researcher and author, says some women see breastfeeding as an in-your-face political statement or a way to shame mothers who bottle-feed their own children.

She pointed out that as we have become more of a bottle-feeding cul-

ture, several generations of women have become unfamiliar with nursing. This has made public breastfeeding — something that doesn't raise an eyebrow in much of the rest of the world — seem foreign and inappropriate.

"Nurturing practices and customs are passed down from grandmother to mother and mother to daughter, and when those customs and support practices are disrupted, they are gone," said Van Esterik. "They are lost for women, but it's also a loss for men who don't know how to support their breastfeeding partners or where to look when they see other women breastfeeding in public because they haven't seen much breastfeeding."

"If someone responds with disgust to this basic nurturing practice, somehow society is at fault," she said. "Not

to support a breastfeeding mother is to reject one of the most important nurturing practices in the world. We should all be celebrating it."

We place huge expectations and judgments on women and mothers. That judgment needs to stop, and the change needs to start with women.

That means not expecting moms to tuck themselves into a bathroom stall to feed their baby for 45 minutes because you are offended by the sight of boobs across the restaurant.

Breasts are not gross. Our babies' hunger is not gross. The milk our bodies make to feed our children is not gross. We need to hammer this point home again and again and again until not a single nursing mother feels she needs to turn away in shame.

Van Esterik said it best at the end of our interview when she gave a mes-

Recent incidents

- A Winnipeg mother recently accused a mall security officer of telling her to stop breastfeeding because it was "offensive."
- A woman on a United Airlines flight said a flight attendant threw a blanket at her husband when she started breastfeeding her son on a flight.

sage to people — men or women — who have a problem with public breastfeeding: "Tell them to put a blanket over their own heads."

Kristen Thompson is a national editor with Metro News.

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Shailene's still not a feminist, still doesn't know what it means



Shailene Woodley. ALL PHOTOS GETTY IMAGES

Insurgent star Shailene Woodley is doubling down on her comments from last year that she's not a feminist. Only now she's not a feminist and she's also not *not* a feminist. If that makes any sense.

"The reason why I don't like to say that I am a feminist or I am not a feminist is because to me it's still a label. I do not want to be defined by one thing. Why do we have to have that label to divide us? We should all be able to embrace one another regardless of our belief system and regardless of the labels that we have put upon ourselves," she says.

Of course, she might change her tune if someone explained to her what feminism actually is, because her description, as told to Time

Quoted

"I do not want to be defined by one thing. Why do we have to have that label to divide us?"

Shailene Woodley on why she's not a feminist

in an interview last year, seems a little off: "I love men, and I think the idea of 'raise women to power, take the men away from the power' is never going to work out because you need balance," she says.

"I think that if men went down and women rose to power, that wouldn't work, either. We have to have a fine balance." You know, like equality.

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES



Kendall opens up about Bruce Jenner

I'm sure Kendall Jenner meant the best when she opened up about dad Bruce Jenner's rumoured ongoing transition, but her word choice isn't going to sit very well with the transgender community.

"He's a wonderful man. And just because he's changing shoes now, so



to speak, doesn't make him less wonderful.

"I will always love my dad, whether he's a man or a woman," she tells Us Weekly, rather nonchalantly trivializing the whole transitioning experience, but, whatever.

Cue the backlash in 3, 2, 1...

Bristol Palin engaged to Dakota Meyer

The daughter of former Alaska governor and former GOP vice-presidential candidate Sarah Palin said in a blog post Saturday that Meyer came to Alaska to film the *Amazing America* reality show with her mother last year. She says Meyer is wonderful with her son Tripp.



Meyer was awarded the Medal of Honor in 2011.

The Kentucky native is credited with saving the lives of 36 Marines, Army soldiers and Afghan soldiers while providing cover for them to find their way out of a firefight with the Taliban. **THE ASSOCIATED PRESS**



More Katie Holmes and Jamie Foxx dating rumours

Can't two incredibly attractive, wealthy and famous grown-ups just be good friends without everyone speculating that they're an item? Apparently not, if it's Katie Holmes and Jamie Foxx, who've been dodging dating rumours for more than a year. Of course, it doesn't help that *Us Weekly* found a photo of the two from February that shows them holding hands, playing footsie and being rather couple-ish.



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Controversy

Picture books that prompt protests

Opposition to *Heather Has Two Mommies* and *Daddy's Roommate* in New York City, primarily among members of one local school board in Queens, contributed to the downfall of schools chancellor Joseph Fernandez. He had defended them as optional reading for elementary school classrooms in a broader Children of the Rainbow curriculum intended to encourage teachers to better embrace diversity. In Wichita Falls, Texas, Dr. Robert Jeffress, pastor of the First Baptist Church, waved them around during a sermon on Sodom and Gomorrah and blasted them as anti-God and unsuitable for children. He and other opponents took to checking the books out of the local library without return, only to have supporters drop off new copies for loan.

THE ASSOCIATED PRESS



Author Leslea Newman wrote the book *Heather Has Two Mommies* 25 years ago. It became a cultural and legal flashpoint. Newman has updated the book with fresh illustrations from a new artist.

Looking back on 25 years of two mommies

Society. A picture book about lesbian moms caused uproar when it hit libraries — now it's getting a redesign and reprint

— changed to “school” in the new version — she is saddened when teacher Molly reads the children a story at nap time focused on a daddy.

The process of getting *Heather* published in 1989 was a slow one. There were about 50 turndowns. That's why she co-published the book with a friend who had a desktop printing business.

Soon, writer and businessman Sasha Alyson came knocking. He had just put out another picture book, *Daddy's Roommate*, about a divorced father who lives with his same-sex partner, when he spotted *Heather* in a Cambridge, Mass., bookshop and offered to take it on. *Heather* quickly took off and the repercussions — for both Newman's book and *Daddy's Roommate* by Michael Willhoite — were big.

Both books landed at the centre of a federal court battle in Wichita Falls, Texas, after opponents demanded them moved to the adult shelf. A judge deemed the effort unconstitutional. Newman said it was banned, burned and even defecated upon by a library patron in Ohio. It was among the nation's most challenged books in libraries in the 1990s.

“It's the book that brought to the forefront the issues, the conflicts, over what materials concerning GLBT identity, lifestyles should be available to young kids,” said Deborah Caldwell-Stone, deputy director for the American Library Association's Office for Intellectual Freedom in Chicago.

THE ASSOCIATED PRESS

A playful picture book about a little girl named Heather and her two happy mommies was a cultural and legal flashpoint 25 years ago, angering conservatives over the morality of same-sex parenting and landing libraries at the centre of community battles over placement in the children's stacks.

Today, *Heather* — of *Heather Has Two Mommies* — has a lot more company in books for young kids about different kinds of families, but hers was out of print and visually dated. That's why creator Leslea Newman decided on a new version, with fresh illustrations from a new artist and tweaking the text. The latest edition, out this month, is from Candlewick Press.

Newman wrote the story in 1988 after a chance encounter in Northampton with Amy Jacobson, a lesbian mom who was looking for reading material that better reflected her life with her partner — now wife — and their young daughter.

Newman, a full-time writer and poet at the time, chronicles *Heather's* love of all things “two,” including her moms, one a doctor and the other a carpenter. When *Heather* joins a home-based play group

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Joe exits the catwalk, enters the den

Fashion. A look back at the nearly 10 years of Joe Fresh as its namesake creator steps down from the brand

Joe Mimran surprised the fashion and world this week by stepping down from the famed label that bears his name. Here's a look at five noteworthy moments in the life of the affordable apparel brand.

Joe Fresh drops "Style" from brand name

When the label launched in 2006 with men's and women clothing, it was introduced by parent company Loblaw as Joe Fresh Style. The low-priced lined was initially only available at select Super-stores. The brand continued to evolve, introducing children's wear in 2007, cosmetics in 2009 and its first stand-alone store in Vancouver in 2010. As the fast-growing brand forged forward, the label dropped "Style" from its official moniker in 2011.

Marquee models on the runway

Prior to pulling the plug on runway presentations last fall, Joe Fresh shows at Toronto's World MasterCard Fashion Week were among the



Joe Fresh creative director Joe Mimran greets the crowd in Toronto after his collection on the runway during Toronto Fashion Week in March 2014. NATHAN DENETTE/THE CANADIAN PRESS

biggest draws on the event's calendar.

The label generated big buzz by enlisting some of the fashion industry's top talents to take part. In 2008, Toronto-

born, Richmond B.C.-raised supermodel Coco Rocha was 19 when she made her Canadian debut on the Joe Fresh runway to cheers and applause. American model Crystal Renn also made a splash walking for Joe Fresh, as did strutting fashion legend Pat Cleveland.

Scouts Canada Style Re-design

Scouts Canada uniforms got a Fresh makeover for the first time in two decades when the label partnered with Canada's largest youth organization to revamp its official ensembles in 2011.

The redesign was a collaborative process between the two camps, in addition to consultations with thousands of Scouts members. Canadian flags were featured in

the retooled design, which also saw the emergence of spruced-up colours and the elimination of badges on sashes for Cubs and Scouts, who now wear the symbols of achievement on their sleeves.

Bangladesh factory collapse

The production practices of Joe Fresh and other brands were in the spotlight following the fatal building collapse in Dhaka, Bangladesh, which claimed more than 1,100 lives.

Items carried by the Canadian label were among those produced within the illegally constructed Rana Plaza.

In the aftermath of the 2013 tragedy, Loblaw provided financial compensation to workers and contributed \$1 million to Save the Children Bangladesh and the Centre for Rehabilitation of the Paralyzed, in support of

New outfit Mimran welcomed to Dragons' Den

CBC says the fashion retail giant will be one of the next batch of business bosses fielding pitches on the reality series.

Mimran has been behind formidable brands including Joe Fresh, Club Monaco, Alfred Sung, and — with his wife, Kimberly Newport-Mimran — Pink Tartan.

The new season of the show, which airs Wednesdays on CBC, starts this fall.

programming for workers in the garment industry.

Loblaw also teamed with several retailers in signing an agreement to improve fire and building safety in Bangladesh. The pact required the companies conduct independent safety inspections, make their reports on factory conditions public and cover expenses for needed repairs.

Joe goes global

The label has grown well beyond its supermarket origins. Joe Fresh is available in more than 340 retail locations, and also operates six freestanding stores in the U.S.

The brand opened its first storefront outside North America with a flagship in Seoul which launched last year.

The rollout in Korea is part of a four-year plan to launch 141 Joe Fresh stores in 23 countries.

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Crystal Renn and Pat Cleveland model Joe Fresh ensembles. NATHAN DENETTE/THE CANADIAN PRESS

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Here's to redefining pizza night

Dinner. Portabella Cap Pizzas and Garlic Knots will make you rethink calling the delivery place you have on speed-dial

"This (take on pizza) is a fresh and healthy (traditional crust-less) version, which happens to be vegetarian to boot," writes Molly Gilbert in Sheet Pan Suppers. "Bright Mediterranean flavours in the form of artichokes, tomatoes, garlic, and goat cheese come together atop tender, meaty portabella mushroom caps, the result of which should please meatless friends and carnivores alike."

"Plus we're throwing in some garlic knots!"

1. Preheat the oven to 400 F with a rack in the centre position. Line a sheet pan with parchment paper.

2. Place the portabellas top down and evenly spaced on the prepared sheet pan, making sure to leave room on the perimeter and in between for the garlic knots. Sprinkle the mushrooms with a pinch of salt. Pile the artichokes, tomatoes, goat



This recipe serves two to four people. MOLLY GILBERT

cheese, and Parmesan on top of the portabellas, dividing the

toppings evenly. Season them with the garlic powder, oreg-

ano, and a pinch each of black pepper and red pepper flakes.

3. Combine the garlic, olive oil, and parsley in a small bowl. Open the crescent rolls and cut them apart into triangles where they're scored. Working with one dough triangle at a time, tie the piece of dough in a loose knot, tucking the ends under the knot. Arrange the knots on the sheet pan around

the portabellas, leaving a bit of space between knots. Brush each knot generously with the garlic mixture.

4. Bake the portabellas and knots until the portabellas are tender, the cheese has browned and melted, and the garlic knots are golden, 20 minutes. If your portabellas are particularly fat, remove the garlic knots from the pan and let the

mushrooms cook until tender, an additional 5 to 10 minutes.

5. Serve the pizzas and garlic knots hot from the oven. **RECIPE EXCERPTED FROM SHEET PAN SUPPERS BY MOLLY GILBERT (WORKMAN PUBLISHING). COPYRIGHT © 2014.**

Ingredients

- 4 large portabella mushrooms, wiped of dirt, stemmed
- Kosher salt
- 3/4 cup chopped, drained jarred or canned artichoke hearts
- 1 cup chopped tomato
- 4 oz goat cheese, crumbled
- 1/4 cup grated Parmesan cheese
- 1/4 tsp garlic powder
- 1 tsp dried oregano
- Freshly ground black pepper
- Crushed red pepper flakes
- 6 cloves garlic, minced
- 3 tbsp extra virgin olive oil
- 1 tbsp minced fresh flat-leaf parsley leaves
- 1 tube (8 oz) refrigerated crescent rolls

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Gritty graffiti indoors

Art is more than canvas, paint or photography. Look around outside and you'll see all sorts of self-expression that just might make its way inside your home and inspire a new way of thinking about art. The drive-by images of street art can add an energetic vibe to even the stuffiest of rooms



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



Pure Evil steps up to the plate

Granny's dining room walls never looked so chic! Royal Doulton's Street Art Pure Evil Decor Collection: Set of four china plates are \$110 at TheBay.com



Book'em

A quarter century of street art by one of the world's most-recognized artists. ACT-4, 25 Years: 1989-2014 by WK Interact, \$40, Chapters.Indigo.ca

Scrub up good

Be awash in the midst of creativity. Graffiti In Prague shower curtain, \$86, CafePress.ca



A Crash course in art

Collect limited edition street art from around the world for 20 bucks (launching in April). Graffiti Letters art print by John Crash Matos, \$20. Stromby frame, \$35, Ikea.com



The writing's on the wall

Bring an urban-chic vibe to any space, Graffiti Wall Decal, 17x104 in., \$56, WallPops.com



ALL PHOTOS: CONTRIBUTED

Organize your home the 'KonMari' way

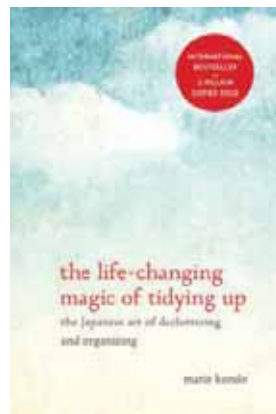
Spring cleaning. Marie Kondo's best tips from The Life-Changing Magic of Tidying Up

Marie Kondo is like the Beyoncé of Japan — a larger-than-life superstar. But unlike Beyoncé, Kondo is a professional organizer and tidier. Her book *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* is making waves among Americans who want to learn how to live a neater and more zen lifestyle.

We read the book, and can vouch for its life-changing impact. Here are the lessons we learned from Kondo through her technique, which she calls the "KonMari Method."

Get rid of unnecessary possessions

The KonMari method is to ask yourself if it "sparks joy." How can you tell? Don't think about whether or not you "might need it later" or if someone gave it to you as a gift — pick it up, touch it and decide if you feel a visceral joy for this item.



If not, thank the item for serving its purpose to you (whether or not you actually used it or if it just gave you momentary joy when you purchased it) and toss it. Kondo is adamant that you must throw things away before you try to reorder your home.

Do big purges

Don't chip away at your mess. Kondo says if you don't want to relapse into your slobbish ways, do your big discards at once. Why? Kondo says when you tidy completely, "you transform the scenery" and the tidiness will inspire you



Take a new approach to decluttering based on advice from Japan's professional organizing superstar Marie Kondo. ISTOCK

to keep it neat.

Tidy in order

Tidying isn't emotionally easy, so Kondo recommends tidying in the following order:

clothes, books, papers, random items and lastly, mementos. Kondo says we're not as attached to our clothes as we are to mementos, so this is the easiest order for us

to tidy to build up resistance to being overly sentimental.

Put everything on the floor

Kondo says it's easier to assess an item if you take it out

of hibernation. You'll be able to see them better, and it will be easier for you to pick up each item and touch it to see if it sparks joy.

Store everything vertically if possible

Kondo likes to store everything upright. She says stacking wears out the bottom items and that it's easier to see what you have when it's stored upright instead of at the bottom of a pile.

Also, stacking is more difficult when items are stored vertically, which means you are less likely to take on unnecessary clutter. Kondo folds up her clothes so they stand on edge and even stores her carrots vertically in the refrigerator.

Use shoeboxes

Kondo is against buying pricey storage containers, especially if they're not square or rectangular. She suggests shoeboxes because they are durable and the perfect size for storing small items. She even likes using the lids to store spices inside cabinets.

Kondo's timing couldn't be better — spring cleaning is just around the corner. Get ready for a "joy" ride!

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METRO SPACES

Shifting trends in Calgary real estate

Calgary homebuyers are taking a breath to see what will happen in the housing market.

Shifting trends in the city will determine the shape of things to come — altering prices and neighbourhoods, and Calgarians are holding on to see what happens, says Corinne Lyall, president of the Calgary Real Estate Board.

Since worldwide oil prices fell dramatically last fall, impacting the Alberta oil and gas industry, homebuyers in Calgary have been hesitating.

“People are waiting and seeing what’s going to happen in the market,” Lyall explains. “There’s a ton of buyers out there. Our open houses are busy, but there’s a little bit of concern about what’s happening with the economy and their jobs in the oil and gas sector.”

Most buyers are risk averse so they’re looking to see what happens with the market in the coming months, she says, but there’s a common sentiment that the slowdown is temporary, she says.

At the same time, buyers will still jump at good value or a great property when they see one, she says. Average home prices have reduced about four per cent since February of 2014 — not a huge shift, Lyall says.

In February 2015, 1,217 units were sold, a 34 per cent decline over Calgary home sales in February 2014. Condo sales have remained most robust, she says. The lower sales numbers have increased inventory in the city to 5,474 units.

About 55 per cent of detached homes in the region are selling for between \$300,000 and



SHUTTERSTOCK

\$600,000. Apartment-style condos are making up 84 per cent of the sales under \$400,000, a natural trend for a city where the median age is 36 and many young professionals are looking for the flexible lifestyle that a condo in or near downtown can enable.

“A lot of young people flock to Alberta and

Calgary because of economic opportunities,” she says.

Overall, Calgary buyers are cautiously optimistic. “More inventory gives buyers some choices,” says Lyall. “If you combine that with the low interest rates, it’s a great opportunity to be out there looking.”

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Mortgage advice saves time and money

Weigh your options with help from experts

Navigating a mortgage can be a complicated affair, especially for those buying a home for the first time, refinancing, or looking to buy a second property. Thankfully, mortgage specialists are there to help.

Jencor Mortgage Corporation has been serving Calgarians since 1987, delivering unbiased mortgage advice to help homebuyers find the right fit for them when they’re purchasing a new home.

A mortgage advisor at Jencor can help you weigh the options from the dozens of different lenders and packages out there.

“Everyone has different needs when they’re looking for a mortgage,” says Karen Penner, Mortgage Advisor at Jencor. “Interest rates, term lengths, fixed or variable terms, and the option of refinancing are all important factors to consider.”

Jencor has helped its clients save an average of \$3,500 off their mortgages



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through smart refinancing. Clients also have access to the Preferred Partners Program, which offers benefits including 20 per cent off legal fees, up to 30 per cent off moving costs and many more perks.

The easy online application process allows customers to start the process quickly. Your sales advisor will meet with you face-to-face or over the phone to answer all your questions and assess your needs, then work with a Jencor underwriter to carry your application through to completion.

“Our client relationships are our top priority,” says Heather Hellings, Mortgage Advisor. “We streamline the customer experience to help you save time and money as you work toward the dream of home ownership.”



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New living in a character community

Kensington is one of Calgary's best-loved neighbourhoods for good reason. The area's eclectic mix of shops, entertainment, recreation and green space give Kensington residents an excellent quality of life.

Now homebuyers who have always wanted to live there can get a beautiful new home for very good value at Kensington by Bucci.

"Kensington is a neighbourhood that's really maturing into its potential," says owner Mike Bucci.

Located at 10th Street NW and 2nd Ave. at the site of the old Carpenters Hall building, the boutique development is in the heart of Kensington with excellent walking access to everything they'll want and need.

The C-train and Safeway are less than a block away, giving residents direct and fast access to downtown, SAIT, ACAD, U of C and Foothills hospital.

"Residents can walk, bike or take a very short transit trip over the river and into downtown within minutes," says Bucci. "It couldn't be more convenient."

The six-storey development is made up of 77 one- and two-bedroom condos, and is now selling with a starting price of \$389,900 for the remaining 22 homes.

The building was designed to integrate with the neighbourhood's esthetic, Bucci explains. The exterior design mixes materials like exposed concrete, wooden panels on the balconies, metal and glass windows and wall finishes. The building's asymmetrical design adds diversity to the surrounding streetscape.

Inside, the concrete homes have efficient floorplans, high ceilings and lots of light. The quality finishes include stainless steel appliances and quartz countertops. They also incorporate the latest technology, including USB outlets in most electrical plugs and a NEST learning thermostat that can be controlled via iPhone app.

Bucci is one of the only developers in Calgary that offers a five per cent down payment program. Purchasers can make a single deposit of five per cent, with no additional payments required until they take possession.

Bucci has built 15 home collections in Calgary since 1993, and Kensington will be the company's 16th.

"We have a deep appreciation for quality and craftsmanship and want to pass that onto our buyers," says Bucci.

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The Developer reserves the right to make changes and modifications to maintain the high standards of these homes. Square footage and measurements are approximate. E. & O.E.



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Energetic, bold Calgary the place to live

In Calgary's rapidly evolving cityscape, downtown is becoming the place to live.

Eminently walkable, the city's downtown core is packed with every conceivable service and amenity, from grocery stores, fashion and lifestyle shops, cafés, gourmet dining, art galleries, parks, athletic stores, hair salons and medical services. Park Point, a new condo development that faces onto Central Memorial Park, is in the midst of it all. Many of the city's hottest shops and services are close by, including Understudy menswear boutique, Taste kitchen and lounge, Taiko Taco, shoe shop Gravity Pope, and Boxwood Café.

"We specifically chose Calgary's Beltline Community because it is a very established neighbourhood with every amenity and ser-

vice imaginable within a short walk," explains Mohammed Esfahani, president of Qualex-Landmark™, the developer of Park Point.

Located on the former CIBC Operations Centre building site at 12th Ave and 2nd Street SW, Park Point faces onto the five-acre, historical Central Memorial Park.

"This is one of the most centralized real estate opportunities in the city," says Esfahani. "We have the best of class location for investing in the rapidly evolving Calgary City Centre."

When residents descend from their homes at Park Point, they'll depart through the elegant double-height lobby with its distinctive canopy. At the front door they're greeted by the well-kept green space of Central Memorial

Park. Observing their home from the sidewalk, residents will notice the building's striking façade and strong vertical architecture, designed with a bold, stepped effect.

"Park Point is the perfect location for those looking for an active lifestyle," says Esfahani.

The development has a Walk Score rating of 98 per cent for its incredible accessibility by foot to everything residents will need and want.

Park Point is steps to local paths, bike routes, transit, Car2Go and nearby Plus15 skywalk which conveniently takes you to any destination. The building's well-chosen amenities make it even easier for residents to find everything they need at their fingertips.

Inside you'll find a fully equipped fitness

facility with state-of-the-art equipment, a yoga studio, steam room and sauna with showers, and a boutique social lounge club with kitchen and fireplace.

Park Point's outdoor amenity spaces provide a great venue for residents to relax with friends, or meet their neighbours. Meditate next to the water feature on the Zen Terrace or do a sun salutation on the Yoga-Pilates deck overlooking Central Memorial Park, sit by the fire pit, or grill up some burgers in the barbecue area.

"Qualex Landmark is a great developer with a solid track record for creating beautiful residential communities in Calgary's Beltline," says Esfahani. "We've made sure there's something for everyone."

Kitchen the heart of Park Point home

"The centre point of your home is the kitchen. It's where you cook, entertain and spend the bulk of your time," says Parham Mahboubi, vice president of planning and marketing for Qualex-Landmark™, the builder of Park Point, a new condo development in downtown Calgary.

The heart of the Park Point home is the high-end Italian Armony Cucine kitchen with real granite slab countertops and backsplash.

An LED backlit open display shelving unit adds panache to your tableware display.

"This is the first time residential condo towers in Calgary have had an LED back-lighting display in the kitchen," says Mahboubi. "Unique design details like this really set the project apart."

Kitchens include a fully integrated



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upscale AEG and Liebherr kitchen appliance package with gas cooktop from Germany, delivering European ingenuity and quality while providing bright and inspiring spaces for the creative cook.

The value in Park Point homes shines through in the bathrooms featuring Italian Armony Cucine cabinetry with marble countertops, porcelain tile backsplash and flooring accented by polished-chrome tap fixtures and accessories.

These elements come together to create a spa-like environment with superior elegance and finishing.



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The floor plans were meticulously designed to provide residents with the best possible use of space, explains Mahboubi. Living areas are open concept to maximize natural lighting.

This sense of openness is further enhanced by over-height, seven-foot suite entry and interior doors, expansive windows, recessed pot lights in kitchen and bathrooms, and approximately nine-foot ceilings in living areas.

All condos open onto a balcony or patio — great for barbecuing or sitting with a cool drink on a summer afternoon.

PARK POINT: THE ESSENTIALS

Park Point is a new collection of well-appointed homes located at 310 12th Ave SW across from Central Memorial Park in the heart of the Beltline Community.

The 34-storey high-rise condominium features 289 homes with 28 different floorplans to choose from, including one- and two-bedroom condos with dens and flex spaces, street-level live-work townhomes, and a limited selection of sub-penthouse and penthouse condos.

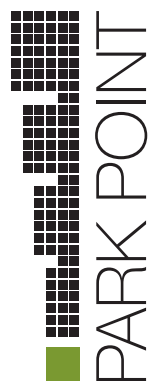
Prices range from the \$250s for one-bedrooms, the \$480s for two-bedrooms, and the \$670s for live-work townhomes.

The Park Point Discovery Centre is open onsite from Monday to Thursday, 12-6 p.m., Saturday/Sunday 12-5 p.m. and closed on Fridays.

Visit qualex.ca/parkpoint.

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When it comes to home building supply delivery, one local, family-owned business goes the extra mile.

"Many homes in Calgary have unfinished basements — I just bought one of them myself," says Andrew Browne, owner of ADSS Building Supplies. "But a lot of people don't want to rent a truck or borrow a friend's, and they certainly don't want to be lifting heavy drywall and putting it through a basement window."

Unlike the big box stores, who will leave your delivery at the curb, ADSS Building Supplies delivers your order wherever you need it in your home, free of charge.

"Our prices are competitive because we don't have the huge, expensive trucks that the box stores do, so we pass that savings on to our customers," says Browne, adding that

the company sells and delivers insulation too.

Family owned and operated, ADSS Building Supplies has been in the Calgary and Edmonton construction industry for more than 50 years, and sells all the building supplies homebuilders and renovators need under one roof.

"Our goal is to help our customers get informed about their options and what they need to do, whether it's the correct application of a stucco exterior insulation finish system or the right way to use the different types of drywall," says Browne. "We have the knowledge, tools, and products to complete these projects."

ADSS Building Supplies is located at 3296 44 Avenue SE in Calgary, and ships to all parts of Canada and the United States.



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Thinking of incorporating stone into your home?

Stone accents don't just lend colour, texture and class to your home — they also add value. A recent survey by independent real estate professionals found that adding a stone veneer to the outside of your home increases your home value so that the investment in the stone pays for itself up to four times over.

They also found that homes with stone accents sold faster too.

"You can get a substantial return on your investment in stone veneer when you sell your home," says Andrew Browne, owner of ADSS Building Supplies, a locally owned and operated building supplies provider.

Here are Browne's top considerations for homeowners looking to add stone to their home.

Ledgestone is easier to apply than grouted stone

Whether it's real or manufactured, a stacked ledgestone is much easier to apply than rounded stones that use a lot of grout. The stones stack tightly, so as long as you start level, all you have to do is build it up the wall and you'll have a professional look, says Browne.

Clean your stones

Browne can tell the difference between a good job and great job in the cleanliness of the stones

after they're applied. Once the grout dries on them, it sticks like glue, so make sure to wipe them with a damp cloth if any grout gets on them.

Grout sparingly

Even stacked stones require a bit of grout, but if you put too much on the back, it'll push out through the cracks when you stack it. A little goes a long way.

Position the lath right-side-up

Your lath, the metal mesh backing behind a stone veneer, will only stick well to your applied stone if you position it the right way up, says Browne. Before you install it, run your hand downward on it and it should feel rough. And when you run your hand upwards, it should feel smooth.

Choose the right stone for you

"When people come into our shop, they can take whatever time they need to decide on their stone," says Browne. ADSS Building Supplies carries a dozen different styles and colours of natural stone, and more than 50 different kinds of manufactured stone. "It's always a matter of personal taste, but a good general rule is to keep it simple and look at existing design elements such as the current stucco and colour of roof."

FOR CONTRACTORS

When building contractors work with ADSS Building Supplies, they know they're getting quality and service they can trust.

"Our goal is to assist our contractors with their larger projects in any way we

can," says Andrew Browne, owner of ADSS Building Supplies.

"Whether it's assisting them in finding detailed product information or system specifics, we strive to be there every step of the project," says Browne.

The company recently supplied a large amount of natural stone for a local hotel. "We are capable of obtaining the large

inventory requirements months in advance, so that when the project is ready to start there are no delays with delivery," he explains.

Now and until the end of April, ADSS Building Supplies will offer contractor pricing on all natural and manufactured stone sales, for a potential of hundreds of dollars in savings.



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Staying in Brentwood a draw for residents

Residents of Calgary's Brentwood neighbourhood love where they live.

A new collection of 20 townhomes called Brentwood on the Park is now on sale for Brentwood residents who are looking to downsize or move into a starter home while staying within the Brentwood community. Sales have been going fast and there are now 12 remaining.

"We specifically designed the townhomes at Brentwood on the Park for current residents of Brentwood who were looking to own something beautiful, new and central," says Lisa Mundell, executive vice president PMA of Brethour Townley, the firm responsible for sales at University City, the master-planned community Brentwood on the Park

is part of.

"Some of our buyers are downsizers who are looking to gain some freedom from a smaller, easy-to-maintain home. Others are young couples and families who are just getting started."

The three-storey, two-storey and bungalow townhomes come at different price points and floor plans to suit homebuyers' varying needs. There are 12 townhomes now remaining.

For starter families, Brentwood on the Park has an efficient 550-square-foot townhome with one-level, one-bedroom and one-bathroom, starting at \$299,000.

"That size and price are hard to find in Brentwood, especially with the high-end fin-

ishings we have," says Mundell, adding that they come with both a front and rear patio, as well as underground parking and front entry at grade.

The three-bedroom homes are spacious at more than 1,800 square feet, with three well-planned floors. Live well and welcome your guests in the main floor living space, with its kitchen, dining and living rooms, and a powder room near the door. Meanwhile, the whole top floor is dedicated to the master retreat, a private space for homeowners to relax and recharge. Residents will enjoy the his and hers walk-in closets. And the master bathroom comes with a glass shower, a separate freestanding tub and dual sinks. A double "barn door" at the top of the stairs

cordons off the top floor, allowing residents complete privacy.

"The master retreat is its own little oasis," says Mundell.

All homes at Brentwood on the Park come with high quality finishings, including a laminate floor, granite countertops, ceramic tile in the bathrooms, high-gloss kitchen cabinets and a stainless steel appliance package.

Curious potential homebuyers can experience the homes' high-quality kitchens in person at the Brentwood on the Park sales pavilion, located just outside Brentwood Village Mall.

"We didn't cut corners," says Mundell. "Our buyers are going to love the level of quality they're getting for very good value."

Location is key when buying a new home

When you're buying a home, it's crucial to find a location that has everything you'll want and need.

Brentwood on the Park is a gem in the Brentwood neighbourhood with incredible accessibility to everything, says Lisa Mundell, executive vice president PMA of Brethour Townley.

"Our residents will have it all," she says.

In addition to the boutique collection of townhomes at Brentwood on the Park, University City has four towers with 707 suites total, with 12 units remaining for

buyers in Tower 4.

"Brentwood on the Park is the last piece of an amazing development," says Mundell. "University City has been a huge success so far — very well-received."

Residents in Towers 1 and 2 began to move in July 2014, and tower possessions for Towers 3 and 4 are slated for the end of 2015.

"When Brentwood on the Park residents move in, they'll immediately feel like they're part of an established development," explains Mundell. The townhome collection will be move-in ready for early 2016.

The mall and surrounding area provide shops, restaurants and services including Safeway, London Drugs and "everything else you could possibly need," says Mundell.

The main-level retail at University City will give residents even easier access to a Vietnamese restaurant, a gym, a nail salon, a massage therapist and more.

The development is strategically positioned to make sure residents can travel everywhere they need to go, with ease —



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no car needed. It's located walking distance from the University of Calgary, hospital, and the Brentwood C-Train station, just a three-minute walk away.

When residents need four wheels, they can find them on loan in the adjacent parking lot, which is a designated Car2Go parking area.

"We're very transit-oriented," says Mundell.

LIVING BY THE PARK

Green space is priceless, and Brentwood on the Park has lots of it.

The development is located on a seven-acre park, "a hidden gem in Brentwood," says Lisa Mundell, executive vice president PMA of Brethour Townley. Seven of Brentwood on the Park's townhouses face Blakiston Park.

With a playground, walking paths and an ice rink in the winter, the park is a great place to get outdoors close to home.

Residents at Brentwood at the Park will have easy access to other recreation too.

Sir Winston Churchill Aquatic and Recreation Centre provides a place to practice your front crawl or your tennis backhand, or make use of the fully equipped gym. The Triwood Community Centre nearby has hockey and many other recreation programs for kids, as well as a community garden. Residents can reach the University of Calgary campus with ease in just 12 minutes on foot.

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Young families upgrade with small deposit

"We didn't plan on buying a home. We didn't think it would be possible," say new homeowners Ryan and Amanda.

Mere months ago, the young family was renting an aging fixer-upper in South Calgary. Today they own a brand new home in Calgary's coveted Skymills in SkyView Ranch — a home they were able to purchase thanks to a unique city-owned home-ownership assistance program.

Ryan and Amanda are typical of a growing segment of Calgary's population: individuals and families with decent income and good credit, but without the sizable down payment required to grab a rung on the real-estate ladder.

That's where Attainable Homes Calgary Corporation (AHCC) comes in.

This non-profit group provides home opportunities below market prices — qualifying Calgarians need only save a \$2,000 deposit to buy beautiful townhomes and apartment condos where

THINKING ABOUT BUYING?

Cooney encourages anyone looking to get out of the rental rut to visit attainyourhome.com.

upgrades like granite, hardwood and stainless appliances come standard.

"People look for 'the catch' with our program," says AHCC Sales and Marketing Manager Tara Cooney, "but there isn't one. We really do help people tackle obstacles that stand in the way of home ownership. We help with the down payment. We have mortgage specialists that work with our clients. We offer gorgeous, affordable homes in great neighbourhoods like SkyView Ranch in the north and Mahogany in the southeast."



CONTRIBUTED

LOSE YOUR LANDLORD

SKYVIEW RANCH MAHOGANY ESTABLISHED GLENBROOK EVANSTON

Living in a city where house prices outpace the average wage, you may feel like renting is your only option.

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in your home's value. We're talking gorgeous apartment condos and townhomes constructed with care, loaded with extras and situated in some amazing communities all across our fair city.

Got steady income and an OK credit score? Put just \$2,000 down, let us cover the rest, and get out of the rental rut for good.





CONTRIBUTED

PLANNING A NATURAL FLOW HOME DESIGN

When great architects are planning a home, they think about its flow — how people will use the space, how they will move from one space to another.

At the Boulevard townhome at Sonoma Nolan Hill, one of Calgary's best up-and-coming home developments, flow is paramount.

The Boulevard was recently nominated for The Best New Design up to 1,200 sq. ft. from the Canadian Home Builders' Association-Calgary Region SAM Awards.

When residents enter through the front or side door from the garage, the main floor hallway leads to a winding staircase, connecting them easily to the second floor. The separation from entry to main level makes the space feel so contemporary and unique from other layouts.

The open-concept second floor has an L-shaped kitchen, dining room and living room, ideal for entertaining guests. The kitchen revolves around a centre island with eating bar under a set of contemporary pendant lights.

A corner pantry, tile backsplash and stainless steel appliances are among the kitchen's polished features. The dining area is enveloped by windows and glass sliding doors that step out onto a spacious balcony perfect for afternoon BBQs. A stacked washer and dryer is hidden and has easy access to the linen closet nearby.

The living room hallway includes a half bathroom and a staircase that leads up to the bedroom level. With its dual master bedroom layout and two full bathrooms, the top floor feels like a cozy nest.

The master bedroom features a Juliette balcony, a walk-through closet built for two, and a well-designed ensuite.

Because of its spacious secondary bed-



CONTRIBUTED

NOMINATED FOR AWARDS

Morrison Homes Multi-Family Division received a nomination for the Canadian Home Builders' Association 2014 SAM Awards for the Calgary region. The Sonoma at Nolan Hill townhome project was one of 834 entries in both single-family and multi-family categories.

Winners will be announced on April 18 at the SAM Awards Gala at the Telus Convention Centre in Calgary.

room on the top floor, The Boulevard townhome is not only perfect for roommates, but a young couple with a child too.

Homes at this 106-unit townhouse project in Nolan Hill start from the \$300,000s.

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MORRISON
HOMES

Another great project built by Morrison Homes.

Nordic design that lasts generations

Calgarians have been drawn to Scandinavian design since it took off in North America in the 1950s. Clean lines and quality construction are its trademarks, and builders always take into consideration how its owners will use it now and into the future.

"Calgarians love Nordic design for their home furnishings," says Mr. Angelo, owner of Nordesign International Home Furnishings, an established, family-run specialist in Scandinavian home furnishings. "A lot of our customers grew up with Scandinavian design in their parents' homes, and now they're looking for an updated take to furnish their own living spaces."

The family-run company was started by Mr. Angelo, who moved from Denmark to Toronto with his family in the 1960s, later moving to Calgary to start Nordesign.

Since it opened in Calgary in 1977, Nordesign has become known for its eclectic array of contemporary furniture.

"About 90 per cent of our furniture is unique to Nordesign," explains Angelo. "We specialize in bringing a clean, uncluttered, style of furniture to our customers." The

FURNITURE SOURCED WITH CARE

Nordesign home furnishings are sourced directly from factories from all over the world, including Denmark, Italy, Norway, Thailand, Vietnam and Canada.

The store's buyers source designs they know will speak to Calgary buyers, and work with manufacturers to create custom designs for the store.

"We work with our factories to secure excellent quality products for our customers at the best possible prices," says Nordesign founder Mr. Angelo.

store carries home furnishings for every room in the house and office, including sofas, tables, cabinets, chairs, desks and more.

Maintaining great relationships with customers is a key part of what the company



CONTRIBUTED

offers, Angelo explains. "We have a dedicated team here who love what they do. Some have been here since the company started. We make sure our customers are happy at every stage of the buying process."

Curious furniture buyers should always

try out their home furnishings in person and look around the showroom, he says. "We work with our visitors to help them get a feel for what they want and need, and to make sure they love what they're buying in every way."

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Skip
Stylish sectional with chaise and ottoman. Top grain leather in black, light blue or light grey

\$3999

Laci
Beautifully designed light blue sofa and chair. Top grain leather

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Divani 4
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\$4750

Divani
Full top grain leather relaxer recliner, rocker swivel chair. Several leather colours. 3 sizes to choose from

\$1849

Codi 1000
Full top grain leather recliner chair with integrated footrest. Several leather colours.

\$2199

Nordic 38
Full top grain leather recliner chair and ottoman. Several leather colours. 2 sizes to choose from

\$1779

Space 5030
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\$2279

Nordic 60
Full top grain leather recliner chair and ottoman. Several leather colours. 2 sizes to choose from

\$1879

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On top of the hill overlooking Deerfoot Meadows

Court

Murder victim's family upset over Hernandez kiss

The family of the man former New England Patriots player Aaron Hernandez is accused of killing has confronted a security officer after Hernandez's mother was allowed to kiss her son's hand in the courtroom.

The kiss happened Tuesday when the judge and jury were out of the courtroom. Hernandez is accused of the 2013 killing of Odin Lloyd.

After a morning break, Hernandez's mother leaned toward her son sitting at the defence table and asked a court officer if she could touch him.

He said yes, and she grabbed his hand, then kissed it. Hernandez smiled, then rubbed his eyes as his aunt and uncle cried. He then thanked the officer.

Outside the courtroom Wednesday, Lloyd's family told the officer they no longer have a son to kiss.

THE ASSOCIATED PRESS

NHL

Kadri suspended four games

The NHL has given Toronto Maple Leafs centre Nazem Kadri a four-game suspension for his hit to the head of Edmonton's Matt Fraser.

"I'm not happy about it, but what are you going to do at this point? Obviously it wasn't my intent to injure the player and I hope he's doing all right," Kadri said Wednesday.

The incident occurred in the Oilers' 4-1 home victory over Toronto on Monday.

THE CANADIAN PRESS

Ramo anchors Flames' strength, depth in goal



THE HOCKEY NEWS
Brian Costello
calgary@metronews.ca

It wasn't that long ago Karri Ramo was being written off as Calgary's stopper in the mid- and long-term. That's because Jonas Hiller had a spectacular start in the Flames' net and Joni Ortio looked more than capable to step in next season thanks to an impressive NHL stint in January.

Ramo shouldn't be written off anymore. In fact, he should be signed to an extension as soon as possible. The 28-year-old Finn is a pending unrestricted free agent who will draw considerable interest July 1, the day he turns 29. He's an asset that you don't let go, even if you think a Hiller-Ortio tandem is just fine for 2015-16.

Ortio's contract becomes a one-way \$600,000 deal in 2015-16, but that shouldn't stop the Flames from having him at least start next season in the American League. He'll be 24, which is still young for a goalie and it's not unhealthy to keep him hungry and refining his game. Remember, Miikka Kiprusoff took until the age of 27 before really making it. Ben Bishop was 26. Corey Crawford and Cory Schneider were 25.

The beauty in this is we know a Hiller-Ramo tandem works well. They've each had impressive runs. And we know injuries in the crease are bound to happen.

Hiller, 33, will be going into the final year of a two-year pact that pays \$4.5 million annually. He's at an age



Karri Ramo is set to become an unrestricted free agent this summer. Hockey News columnist Brian Costello argues the Flames should not let the goalie walk for nothing. BRUCE BENNETT/GETTY IMAGES

Shots on goal

The Flames do poorly in possession stats and as a result, it's not surprising no Calgary players are among league leaders in shots-for percentage (shots versus total shots).

1. Johnny Boychuk, NYI, 59.2%
295. Josh Jooris, Cgy, 49.5%
355. Paul Byron, Cgy, 48.4%
362. Mark Giordano, Cgy, 48.2%
516. Nic Deslauriers, Buf, 35.5%

and salary where he's valuable in the short- and mid-term for Calgary, yet also marketable to be dealt. San Jose, Edmonton and Buffalo should be looking for a new starter next season. And teams like Arizona, Carolina, Philadelphia should look

to upgrade.

Calgary could probably keep Ramo for three years at somewhere between \$3 million and \$4 million a season. The Flames could then listen to offers for Hiller during the summer and into next season

— all the while knowing Ortio is virtually ready on the farm and Jon Gillies, should he turn pro after three years in the NCAA, capable of a 40-50 game workload in the AHL.

It helps that Ramo's play has been solid of late. He's exceptionally quick in the crease and is doing a better job controlling his rebounds lately.

What you don't do is let Ramo walk for nothing as a UFA, just because you already have an established guy in Hiller and two up-and-comers in Ortio and Gillies. Never walk away from a position of strength.

4 SPORTS

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Putting the Cancon in NCAA

There are 28 Canadians playing at the NCAA men's basketball championship. Here are five to watch:

THE CANADIAN PRESS

All photos Getty Images



Trey Lyles, Kentucky Wildcats

The 19-year-old was born in Saskatoon, to a Canadian mom and American dad, and has lived most of his life in Indianapolis. The 6-10 forward has started 16 of 31 games for the No. 1-seeded Wildcats, who are a perfect 34-0 this season. Lyles is averaging 8.4 points on 50 per cent shooting.

Dylan Ennis, Villanova Wildcats

The 23-year-old from Brampton, Ont., has started every game for No. 1 seed Villanova this season. Dylan is the older brother of Milwaukee Bucks point guard Tyler Ennis. The six-foot-two guard is averaging 9.8 points a game.

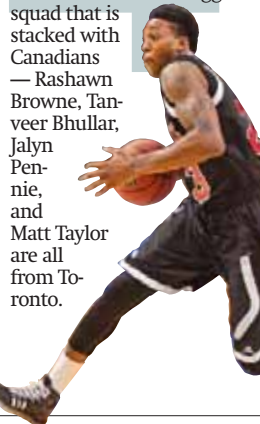


Kevin Pangos, Gonzaga Bulldogs

The 22-year-old from Holland Landing, Ont., is the No. 2-seeded Bulldogs' starting point guard. The 6-2 sharpshooter holds the school record for three-point shots made, and was named the West Coast Conference player of the year.

Daniel Mullings, New Mexico State

The 23-year-old from Toronto was last season's Western Athletic Conference player of the year. The 6-2 guard is averaging 12.6 points a game. He plays for a No. 15-seeded Aggies



Kenny Chery, Baylor Bears

The 23-year-old Montreal native has played 28 games for No. 3 seed Baylor and averages a team-leading 32.4 minutes a game. The 5-11 guard leads the Bears with four assists per game and is third in team scoring with an average of 11.4 points.

NBA

Wiggins stifled in return to Toronto

The Toronto Raptors spoiled the Andrew Wiggins homecoming Wednesday night and continued their recent mastery of the Minnesota Timberwolves in the process.

Jonas Valanciunas had a double-double with 15 points and 15 rebounds and DeMar DeRozan added 21 points in a 105-100 Toronto victory. Kevin Martin led all scorers with 37 points for Minnesota.

It was the first pro game in Toronto for Wiggins, the 20-year-old forward from nearby Vaughan, Ont.



Andrew Wiggins
GETTY IMAGES

He showed flashes of his sky-high potential but was hampered by early foul trouble.

The first overall pick in last year's NBA draft had 15 points on the night.

THE CANADIAN PRESS

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Jays flounder in Delgado's presence

Toronto Blue Jays manager John Gibbons, left, and guest instructor and former all-star slugger Carlos Delgado watch Wednesday's spring training game against the Tampa Bay Rays from the dugout in Dunedin, Fla. They probably didn't like much of what they saw as starter Mark Buehrle gave up three runs and seven hits over 4-1/3 innings in their Jays' 9-3 loss. KATHY WILLENS/THE ASSOCIATED PRESS

Curling

Playoffs elude Jones on Wednesday

Canada's Jennifer Jones will have to wait in order to cement a playoff berth at the world women's curling championship.

Jones' Winnipeg squad

dropped a 7-6 decision to Switzerland's Alina Patz in the late draw Wednesday in Sapporo, Japan to snap its five-game win streak. It came after the Canadians captured a 9-3 victory over Norway.

Jones will head into the final day of round-robin play Thursday needing one more

win to clinch a playoff berth.

Switzerland (8-1) moved atop the overall standings and assured itself of no worse than a tiebreaker scenario. Canada (7-2) will play twice Thursday, facing Germany's Daniela Driendl (4-5) and Japan's Ayumi Ogasawara (5-4).

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Someone will play on your emotions over the next 24 hours, maybe for fun or maybe because they think they can get something out of it. Ruin their plans by refusing to get uptight.

♉ Taurus

April 21 - May 21

Friends and family are on your mind but they are unlikely to mix, so focus on one and catch up on the other later on.

♊ Gemini

May 22 - June 21

Watch what you say because if you let slip something that people in positions of authority find offensive it could damage your reputation.

♋ Cancer

June 22 - July 23

There is no need to go to extremes, even though certain individuals may be urging you to do so. Especially where business is concerned, avoid excessive behaviour.

♌ Leo

July 24 - Aug. 23

You like to shock and the planets suggest you will do something outrageous over the next 24 hours. If it's a joke you will need to make sure that everyone can see it's a joke.

♍ Virgo

Aug. 24 - Sept. 23

An upheaval is likely over the next few days and there is precious little you can do about it. Actually, if you keep your emotions in check you could gain from someone else's loss.

♎ Libra

Sept. 24 - Oct. 23

Work and health matters will be uppermost in your mind today and tomorrow, which is good because you have been overdoing it of late.

♏ Scorpio

Oct. 24 - Nov. 22

Use the approaching solar eclipse to get a creative project off to a start. If you pour energy and into it now you will build up the kind of momentum that carries you through to the end.

♐ Sagittarius

Nov. 23 - Dec. 21

Challenges are opportunities in disguise, which means you will have at least one and maybe several opportunities to shine over the next few days.

♑ Capricorn

Dec. 22 - Jan. 20

You can sense something good is going to happen but there is no need to hurry it along. Venus, planet of harmony, in your fellow Earth sign of Taurus means the right opportunity will arrive at just the right time.

♒ Aquarius

Jan. 21 - Feb. 19

You may be disappointed that something of value is moving out of your life, but don't be. The planets suggest something even better will soon be along.

♓ Pisces

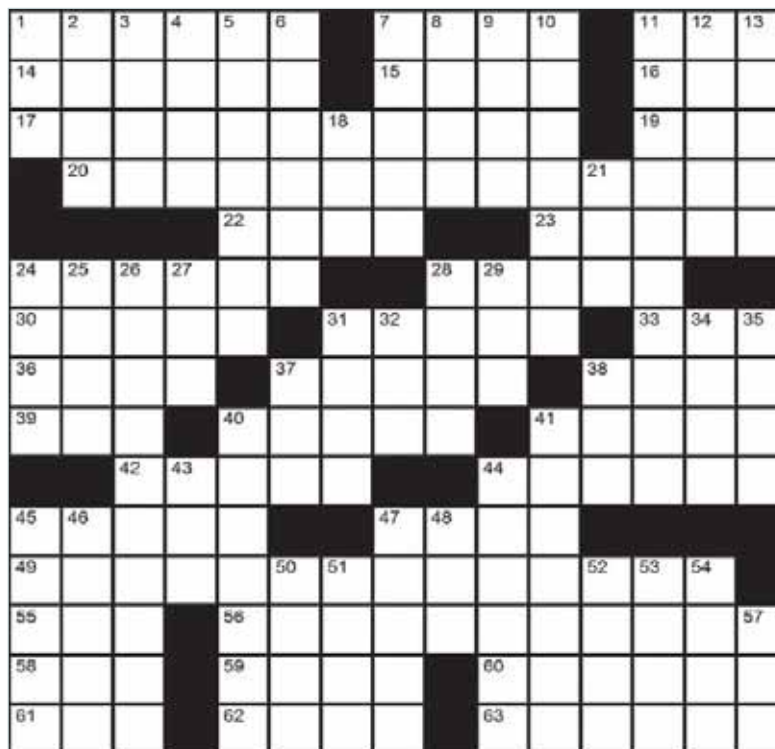
Feb. 20 - March 20

Tomorrow's eclipse in your sign means it is the time to go for glory. No matter how many times you failed you will succeed now. Be positive.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Creme de ___ (Black currant liqueur)
7. Centres, curtly
11. USN rank
14. Woolly camel-like animal
15. Ms. Brickell of song
16. Roadside mil. hazard
17. Meaning of 'Klee Wyck', Emily Carr's nickname: 2 wds.
19. Fight ender, commonly
20. Carly Rae Jepsen's latest song: 4 wds.
22. Ship's deck officer, commonly
23. "___ Gantry" (1960)
24. Beaver: French
28. Winter coat
30. Governed
31. Shocks
33. American '66', e.g.
36. Ancient war god
37. John's "Grease" (1978) role
38. Tattooing turf
39. "The DUFF" (2015) actress Ms. Whitman
40. Ms. Spacek
41. Concede/grant
42. Into-hockey-nets projectiles
44. Country legend Ms. West
45. Embarrassing public disturbance
47. Store
49. AHL team: 2 wds.
55. Folklore creature
56. Quebec town on



- the Ottawa River
58. New Zealand parrot
59. 'Fed' suffix
60. More breezy
61. Be imperfect
62. Feed on food
63. Sound system sort

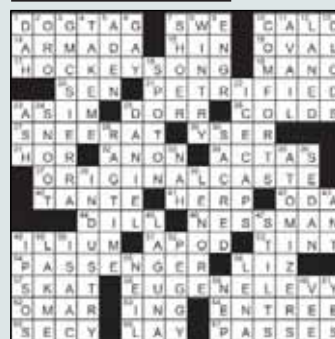
Down

1. Pres. Coolidge
2. Jai's court partner
3. Cowboy boot attachment
4. Having wisdom
5. "Sleepy Hollow" on Global TV fellow Mr. Crane
6. Maritime crew person
7. FOX News anchor Ms. Kelly
8. Graven image
9. Original host of "Cityline" Ms. Petty
10. Questers
11. NB: Saint John ___

- ___ (Shopping attraction)
12. Orange ___ (Tea)
13. Glade target
18. Belonging to Gander's lil' province, variantly
21. Banff sighting
24. Study hard

25. Lady Gaga song
26. Type of VIA Rail passenger accommodation: 2 wds.
27. Mr. Lawrence, et al.
28. Small
29. "___ takers?"
31. Ms. Jordan
32. Heavy wts.
34. Bryan Adams' "18 ___ Die"
35. The Neverending Story author Michael
37. Cartoonist Mr. Browne
38. Meet
40. ___ candles
41. Yogurt brand
43. One, in Madrid
44. A bride in "Seven Brides for Seven Brothers" (1954)
45. Tend the fire
46. Kitchen gadget
47. Snapshot pose
48. Possesses
50. Ms. Hatcher
51. Where Muscat is the capital
52. 2002 Literature Nobel Mr. Kertesz
53. The Queen's cypher: letter + Roman Numeral + letter
54. Snick-or-___
57. Miracle-___ (Plant food brand)

Yesterday's Crossword



Online

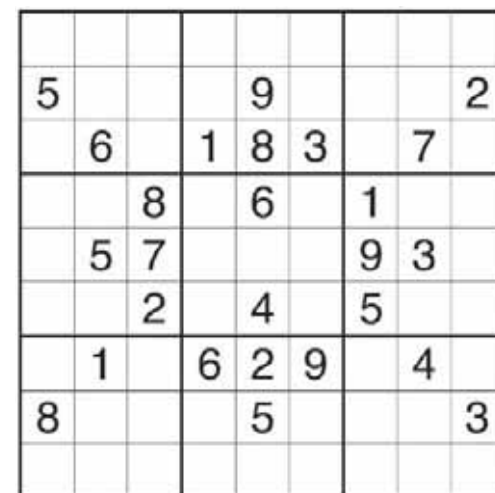
See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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MONTHS

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